

# Beware the bitch trap

**M**OST of us will have encountered a few bitches in our time.

Those women whose levels of manipulation, emotional blackmail and selfish drive for exactly what they want are hard to believe.

But spare a thought for those men who date or live with the kind of woman who threatens to kill herself if he leaves, keeps his self-esteem at rock bottom with endless put-downs and happily uses children to give him a guilt trip.

These men are often also abused physically, mentally and even sexually and yet the idea of male domestic abuse is still more likely to inspire sniggers than sympathy.

According to Mary T Cleary, author of *That Bitch: Protect Yourself Against Women with Malicious Intent*, we are all pre-programmed to think only of men mistreating women when we hear the phrase domestic abuse.

Yet with a startling amount of "domestic terrorists" out there determined to deceive, demean and destroy the men, women and kids they live with, Mary believes it is time to face the problem head on.

Mary, who founded a centre for abused men in Ireland 10 years ago, said: "This is no made-up phenomenon.

"Having been a nurse for years I have known for a long time that this problem exists.

"I remember one particular man who had come in to A&E because his wife had stabbed him for a third time and another man who told hospital staff that he had fallen down stairs but who had actually got his four fractured ribs when his wife hit him with a poker.

"We have come a long way in the last 10 years, I mean I can remember people openly laughing at me when I first started trying to help abused men, but there is still a lot to be done.

"We hope that the book can give some pointers to men and women who are maybe at the mercy of a woman like this and there are plenty of them out there, and also hopefully help women who can maybe see some of the traits in themselves.

"After all, no reasonable woman is going to take offence at this book, the only ones who will are the ones who recognise themselves in it."

Without belittling the abuse that women do suffer at the hands of men,

Mary suggests that the problem of abused men is just as large and

It's not only women who are the victims of domestic abuse but how do you spot the danger signs..?

BY SAMANTHA BOOTH

needs to be taken just as seriously.

For instance, as Mary says, what law at the moment protects a man who is wrongly accused of rape?

She cites the case of the Glasgow taxi driver who was accused of rape by a young woman trying to get out of paying the fare.

After days of accusation and the destruction of his personal and professional reputation, the charges were finally dropped but the man has never driven a taxi since.

Mary also believes that the law is prejudiced against men in abusive relationships, tending to take the side of the women.

She said: "I had no idea of the magnitude of the problem until I started trying to help.

"Since then I have encountered thousands upon thousands of men who have suffered at the hands of difficult and vindictive women and what has surprised me most is that so many of them are doctors, policemen, prison officers, soldiers and psychiatrists, intelligent men in quite macho environments.

"The problem is these kind of relationships are hard to get out of so I hope this book will help people to recognise these kind of women so they can avoid them."

But recognising such women can be harder than you might think.

On first appearance they can seem

lovely, kind and caring and their controlling behaviour can often be mistaken for love in the beginning.

But there are some real tell-tale signs that we should all watch out for.

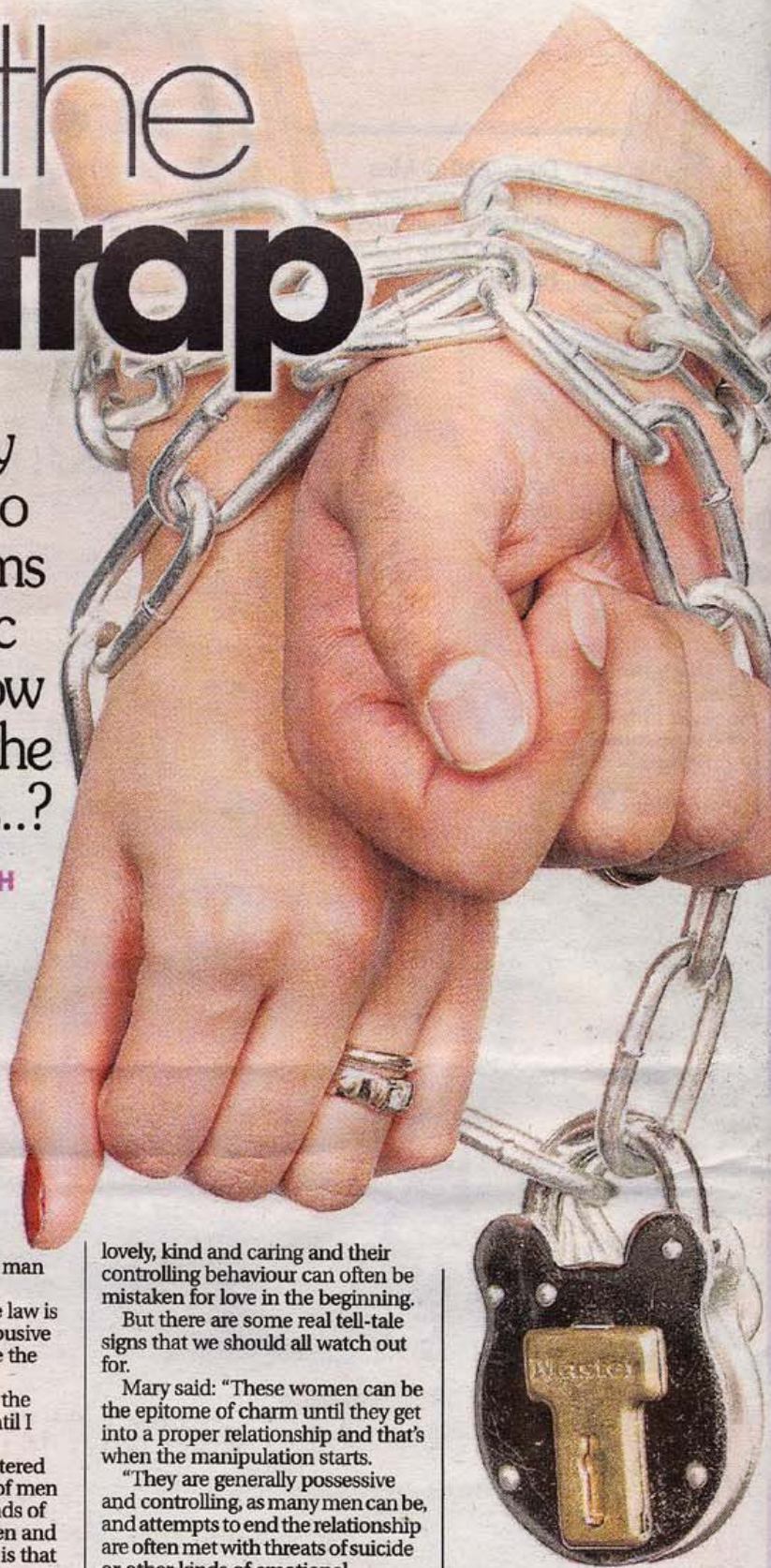
Mary said: "These women can be the epitome of charm until they get into a proper relationship and that's when the manipulation starts.

"They are generally possessive and controlling, as many men can be, and attempts to end the relationship are often met with threats of suicide or other kinds of emotional blackmail, such as saying they will never see the children again."

Signs include being able to make friends easily but not being able to keep them, never having a nice word to say about anyone and being highly critical of others.

And Mary's advice to men in a relationship with this kind of woman is, unless your partner is willing to seek help, then get out quick.

**'These women can be the epitome of charm until they get into a proper relationship and start manipulating'**



Roy Sheppard  
Mary T. Cleary

**That Bitch**

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Against Women with  
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Intent, by Mary  
T Cleary and  
Roy Sheppard.

will be in shops from September 27.  
For more information, just click on  
[www.ThatBitchBook.com/1724.htm](http://www.ThatBitchBook.com/1724.htm)  
or, to get in touch with Mary, call  
00-353-866-013448.