



# A great story of hope

***Fighting For my Life – the confession of a violent offender*, by J.J. Joseph. Exisle Publishing. RRP \$34.99.  
Reviewed by Angela Stratton.**

Celia Lashlie, social reformer, wrote the foreword for this book and for the first few chapters I wondered why such a smart lady would give her time for such a miserable project.

Joe, the author, tells how his childhood was marred by a violent father and a dominated mother, and how he had no vision of a different life for himself. That was life: work, drink, drugs, fight. Even when he met a special woman and had children Joe saw life continuing the same way.

That was, until one day when he couldn't control the urge to hit his wife, and put her in hospital for two weeks.

After Joe was charged, he was not allowed near her and could see their children only under supervision. CYFS were involved and, as so often happens, split the family up for longer than necessary. But this is when the story starts to turn into more pleasant reading. Joe had to attend counselling and a Living Without Violence course, and learned how to handle life in a



new way. Both he and his wife had communication troubles and their marriage counsellor suggested ways to improve matters.

Joe hasn't touched alcohol or other drugs in two years, says the book's cover, and that's an achievement to be proud of, just as this book is. A great story of hope for all those touched by domestic violence.