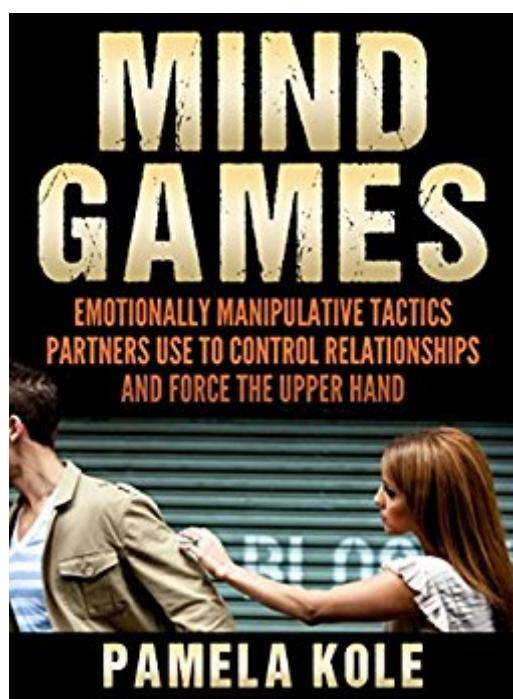


The book was found

Mind Games: Emotionally Manipulative Tactics Partners Use To Control Relationships And Force The Upper Hand - Recognize And Beat Them



Synopsis

Do you feel like you have to walk on eggshells around your partner? Or that the wrong phrase might set them off? Are you unhappy in your relationship, but can't bear to pull yourself away from it? Do you feel inadequate and sometimes deserving of the treatment you get? Recognize that your partner is your manipulator and abuser - don't allow them to force the upper hand. *Mind Games* uncovers a host of underhanded, sneaky, and malicious emotional manipulation tactics that manipulators and abusers use to beat you down and control you. We might all be able to recognize blatant abuse, but when we're emotionally invested, it's tough to see the little signs that are in front of our faces sometimes. They'll lead to you feeling worthless and vulnerable, making it almost impossible to truly leave your situation. In this book, I identify many common tactics that you may be intimately and sadly familiar with, complete with real life examples for each to help you identify them in your daily life. What emotionally manipulative tactics will you learn to identify and stop?* Gaslighting and telling you that your concern is an overreaction, or quite simply wrong.* How the silent treatment is used as punishment and forces compliance.* Playing the victim and how it transforms your issues into guilt and pity.* Your abuser's time machine and how they use it to their advantage. More importantly: An analysis of the psychology behind why your partner acts the way they do... and why you stay.* Guidelines for how to deal with a partner that is your manipulator and abuser.* Why your abuser loves controlling you, not necessarily you. Emotional manipulation tactics are still abuse, even if there are no physical signs. Gain the knowledge and subsequent courage you need to leave your situation and find true happiness, not someone else's definition of it. Learn to detect when your abuser is not acting in your best interest, and exactly how they make you believe that they are. Start re-writing the rules to your abuser's mind games.

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Customer Reviews

Excellent book that goes straight to the point and the heart of the matter. Think you are being emotionally manipulated? Read this book and you will know for sure whether or not it is your mind or someone else that is playing tricks on you. I am guessing that if you pick this book out, it is likely someone else. This book is an excellent source for getting to know the signs so you can remedy the problem.

I really enjoyed this book. The best part for me was the examples of dialogue of what each manipulation looked like. It was very easy to see how they might happen in real life and that's very important to know when dealing with these things. They might seem far away when you read about them, but they can pop up in your life easily too. It's scary but this book does help a bit. I thought the part about the silent treatment was especially interesting.

My daughter is in this type of relationship, and I needed a book that is easy to read, and to the point. She is coming to visit in two weeks and I will definitely have her read it. I would recommend this book

Excellent book covering the insidious topic of control and understanding it, not physical abuse like so many other books written about controlling personalities.

If you need some wisdom on how people control you this is a good book to read and it's very informative with the short period of time to read

Excellent book! Was in a relationship with a person who was playing with my emotions and this book describes them to a T. Can't wait to read more on this subject. It's amazing the games people play. This book will hip you up to all of it.

First off let me say that I didn't buy this book because i'm in the business of taking advantage of others. However let's be real here, there are those out there who do prey on the weak and love to play mind games to get what they want. I bought this book to protect myself against those types of people. Very eye opening indeed and I feel much more aware now when someone isn't being genuine with me.

A must read! This book is packed with useful and valuable informations that can be used to protect yourself from these kind of people. Very educational. I highly recommend this book!

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