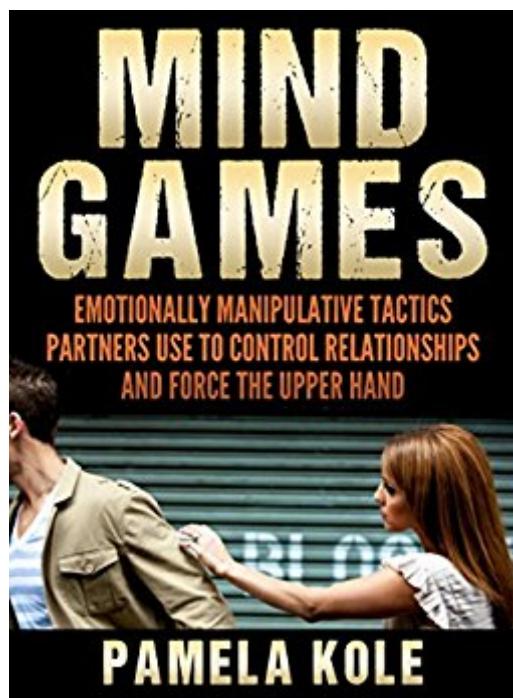


The book was found

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.

Book Information

File Size: 1457 KB

Print Length: 118 pages

Page Numbers Source ISBN: 1542469635

Simultaneous Device Usage: Unlimited

Publisher: Plaid Kilt Publishing (January 2, 2015)

Publication Date: January 2, 2015

Language: English

ASIN: B00RQ9T4FA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #11,564 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3

inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies > Personality Disorders #3 inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Codependency #6 inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Mood Disorders

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!

[Download to continue reading...](#)

Mind Games: Emotionally Manipulative Tactics Partners Use to Control Relationships and Force the Upper Hand - Recognize and Beat Them Mind Games: Emotionally Manipulative Tactics Partners Use to Control Relationships and Force the Upper Hand Mind Games: Emotionally Manipulative Tactics Partners Use to Control Relationships Time! 1001 Chess Tactics from the Games of Everyday Chess Players (Tactics Time Chess Tactics Books) Tactics Time 2: 1001 Real Chess Tactics From Real Chess Games (Tactics Time Chess Tactics Books) Covert Emotional Manipulation Exposed!: The Underhanded Mind Control Tactics That All Manipulators Use to Take Control in Personal Relationships The Brachial Plexus, Volume 14: Hand and Upper (Hand & Upper Limb) Manipulation: How to Recognize and Outwit Emotional Manipulation and Mind Control in Your Relationships - 3rd Edition Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Women with Controlling Partners: Taking Back Your Life from a Manipulative or Abusive Partner NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) The Emotionally Absent Mother: How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect The Emotionally Absent Mother: How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect, Second Edition How To Become A High Quality

Woman: Know What Guys Think About Women and Relationships, Then Turn Them Around And Use Them To Your Advantage Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature Flavored Butters: How to Make Them, Shape Them, and Use Them as Spreads, Toppings, and Sauces (50 Series) Arthroscopy of the Upper Extremity (Hand and Upper Extremity) (Army Air Force and U.S. Air Force Decorations) Decorations, Medals, Ribbons, Badges and Insignia of the United States Air Force: World War II to Present, 2nd Edition Travel Games for Adults: Coloring, Games, Puzzles and Trivia: Featuring Over 60 Activities including Group Games, Games for Two, Scavenger Hunts, ... Word Search, Word Scramble and more Warriors Word Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scrabble, Unscramble Word)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)