

Top 16 Covert Emotional Manipulation Tactics: 12 Ways to Take Control in Personal Relationships (Paperback)



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Reviews




*Very helpful to any or all category of men and women. It is definitely simplified but unexpected situations within the 50 % of your publication. I am very easily could possibly get a pleasure of reading a composed ebook.
(Dr. Therese Hartmann Sr.)*

TOP 16 COVERT EMOTIONAL MANIPULATION TACTICS: 12 WAYS TO TAKE CONTROL IN PERSONAL RELATIONSHIPS (PAPERBACK)

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Psychological manipulation takes place in the out-of-the-way life often, but many people do not realize that they are manipulated, or that they themselves use their manipulations unconsciously to get other actions or resources from other people. But what is the psychological essence of manipulation, how do some people use others to achieve their goals, why do people become victims of manipulation, and what harm such attitudes can inflict on people - their psychological, physical and financial well-being? We tried to find answers to these questions in this book. In the first chapter, we examined the notion of manipulation, explored the essence of this phenomenon, and tried to describe a mechanism through which some people indirectly get from others desired emotions, actions or resources. In the second chapter, we examined the key signs of manipulation and the ways how to determine if someone is manipulating you. We also analyzed how some people become victims of a manipulator, falling into complete submission and obedience to his will. In the third chapter, we considered the key tricks that manipulators use in relation to others. Here are also suggested the techniques for protecting against the harmful effects of manipulation and their initiators. In the fourth chapter, we focused on the types of manipulators, their nature, the peculiarities of their behavior and interaction with other people. The fifth chapter of the book is devoted to methods of counteracting psychological manipulations, and ways of self-defense from manipulative individuals. After reading the book, the person will learn to better understand oneself, and other people, and also gain skills to protect oneself from psychological manipulations, strengthen self-confidence, and attain the necessary knowledge to avoid falling into the manipulator s traps...

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