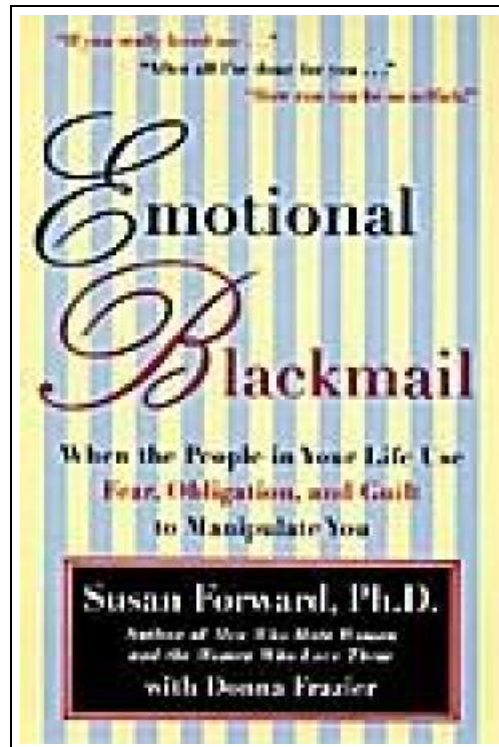


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Harpercollins US Jul 2011, 2011. Taschenbuch. Condition: Neu. Neuware - A practical guide to better communication that will break the blackmail cycle for good, by one of the nation's leading therapists, Susan Forward. 'If you really loved me.' 'After all I've done for you.' 'How can you be so selfish.' Do any of the above sound familiar They're all examples of emotional blackmail, a powerful form of manipulation in which people close to us threaten to punish us for not doing what they want. Emotional blackmailers know how much we value our relationships with them. They know our vulnerabilities and our deepest secrets. They are our mothers, our partners, our bosses and coworkers, our friends and our lovers. And no matter how much they care about us, they use this intimate knowledge to give themselves the payoff they want: our compliance. Susan Forward knows what pushes our hot buttons. Just as John Gray illuminates the communications gap between the sexes in Men Are from Mars, Women Are from Venus, and Harriet Lerner describes an intricate dynamic in The Dance of Anger, so Susan Forward presents the anatomy of a relationship damaged by manipulation, and gives readers an arsenal of tools to fight back. 272 pp. Englisch.



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