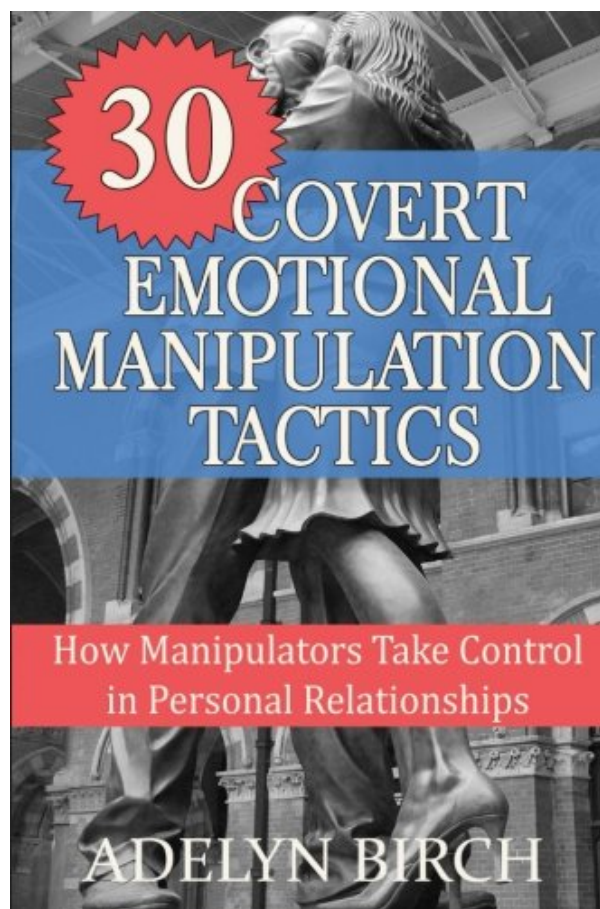
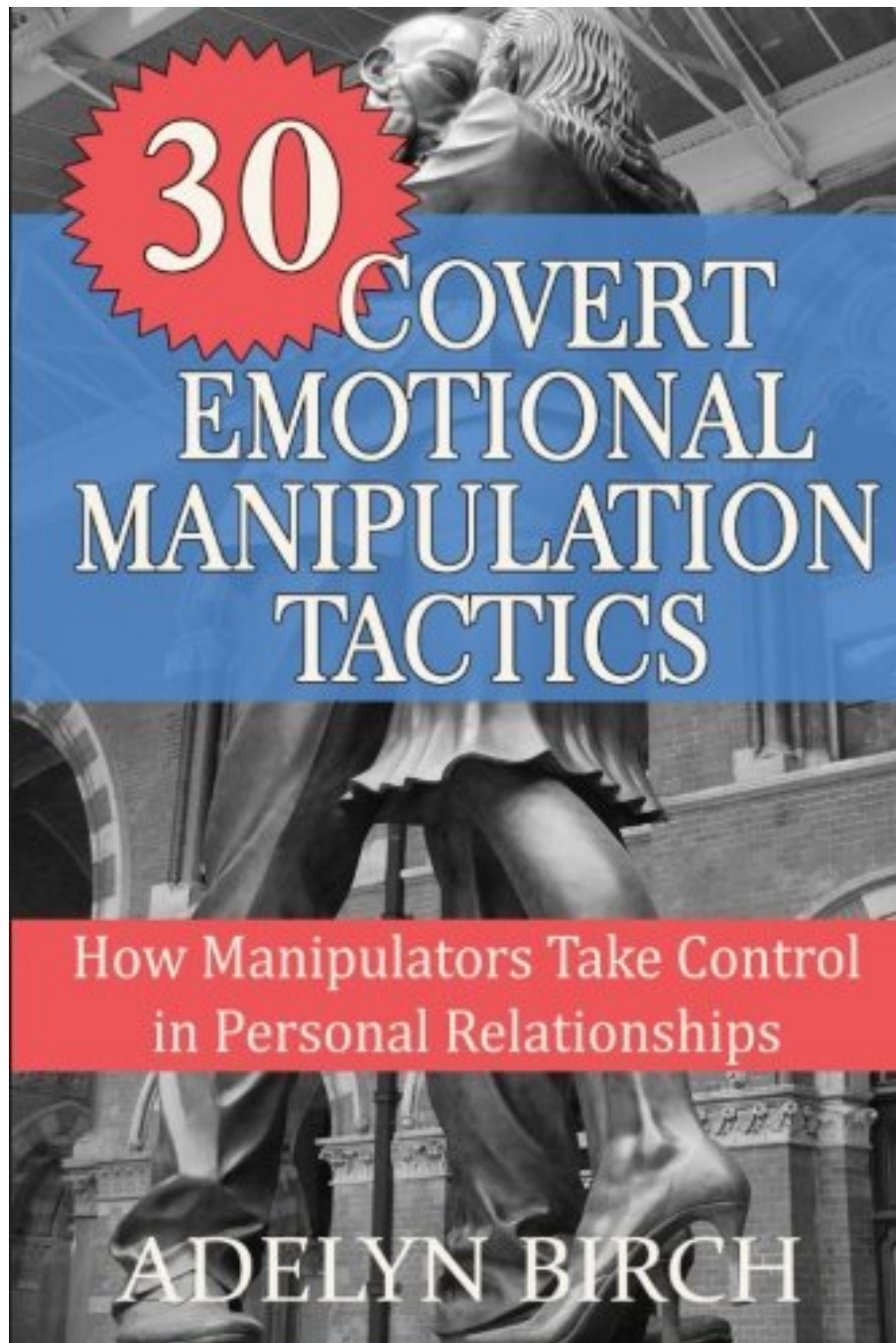


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Learn the manipulator's game, so they can't play it with you. Identifying covert emotional manipulation is tricky. You sense something is wrong, but you can't quite put your finger on the problem. This powerful book will reveal to you if manipulation is at play in your relationships. It will open your eyes.

You will learn thirty tactics manipulators use to get what they want. You will also learn to spot the warning signs within yourself that expose covert manipulation is taking place, even if you can't identify the specific tactics being used.

This book is geared toward romantic relationships, including those involving a pathological partner. Even so, many of the manipulation tactics are the same as those used by family members, coworkers, friends and others.

Covert emotional manipulation tactics are underhanded methods of control. Emotional manipulation methodically wears down your self-worth and damages your trust in your own perceptions. It can make you unwittingly compromise your personal boundaries and lose your self-respect, and even lead to a warped concept of yourself and of reality. With your defenses weakened or completely disarmed in this manner, you are left even more vulnerable to further manipulation and psychological harm.

Empower yourself and get your life back!

"An excellent and concise guide to emotional abuse. Here is a concise listing with well written descriptions of each method and tactic of emotional abusers. In my opinion everyone should read this book. Forewarned is forearmed."

"Clear, concise, accurate portrayal of complex subject matter impacting many people. I appreciate the accessibility to the general public of a topic that is often overlooked, but impacts morale not only in romantic relationships, but in the family, at work and in myriad social situations."

"Wow. What a sap I've been. I've been victimized by a control freak domineering wife for nearly 30 years. I knew I was passive but I had no idea how cutthroat she really was. Very eye opening."

"This author nails it. Some examples were direct quotes from people I know, so I know I am not alone in having been manipulated. It is directly applicable to my life and gives excellent guidance for how to recognize and therefore avoid manipulations in the future. I am recommending it to a number of my friends."

"At first I thought this was another of those "little books" with no content. I went ahead and got it anyway. Immediately I realized I was wrong. Good choice."

"Knowing the tactics made me far less emotional about what has been happening, better able to deal with the

manipulation. Consequently, I look less crazy, I count that as a win!"

"BRAVO! Everyone should read this... if you're in a controlling relationship, man or woman, this will help you spell it out. Don't let these people in at ANY cost..it's not worth your LIFE"

"Short and right to the point. Worth re-reading and, because of the format, it was easy to locate points that I wanted to find again. This book provides instant clarity."

"Must read for anyone who interacts with other people, ever! VERY useful information everyone should be aware of!"

"Great! This is one of those great little book that you come across once in a while. The book is short because it left all the bulls\*\*\* and fillers out!"

"Excellent! A must read for anyone that is lost in a relationship. I would like to thank the author for an eye opening experience! This book has clarified more for me than I have ever understood in my entire life time.

"Impressive! Short, direct, and thought-provoking. I only wish I had read it years ago! Every young person should read this before dating!"

"If you're wondering . . . "gee, should I read this book?" The answer is YES.It should be required for every human adult's relationship toolkit."

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- 66 pages

#### Most helpful customer reviews

71 of 72 people found the following review helpful.

Useful but a bit short

By Lisa O'Hara

I thought this was an informative book, albeit a bit too short. All in all, I think 30 Covert Emotional Manipulation Tactics was informative and clearly written by a person who has lived with manipulators of all sorts. If you've ever thought you were crazy, or that you just can't figure out what's going on with a person in your life, this book can help.

However, the author, AB Admin, referenced another book in her/his book, called: "Who's Pulling Your Strings" by Harriet B. Braiker Ph.D. The "Strings" book was very informative and basically a step by step of how manipulation works and how to deprogram yourself.

I found both books helpful.

59 of 61 people found the following review helpful.

Shocking

By A. Lewis

As I read this book I was shocked to see all these confusing emotions I have, all the self doubt and questioning my sanity are a result of my being manipulated. Of the 30 signs my husband displays 26. I have escaped but I am an emotional wreck. This book has helped me understand that it is not my fault. That I have been controlled. This has helped me stop my endless loop of self recrimination over the failure of my marriage. Now I need to deal with the shame of being so successfully duped.in

2 of 2 people found the following review helpful.

Welcome validation for the victims of psychopathic relationships!

By Pamela Cates

It was easy to overlook the large number of glaring typos and give this book 5 stars because it told me in a very concise format what I haven't learned from two years of very expensive psychoanalysis AND a Master's degree in Counseling. I'm not crazy! My intuition was not wrong. I've been in a relationship with a psychopath for two years! It was such a relief to see the feelings that the victim experiences laid out so clearly along with the characteristic behaviors of the psychopath. I've experienced every one of them. I just bought the book today and have already read it twice. I also highly recommend the author's website [psychopathsandlove.com](http://psychopathsandlove.com). I think I finally have the courage to end my emotionally abusive relationship. Anyone involved in a psychopathic relationship will immediately recognize it for what it is.

See all 251 customer reviews...

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