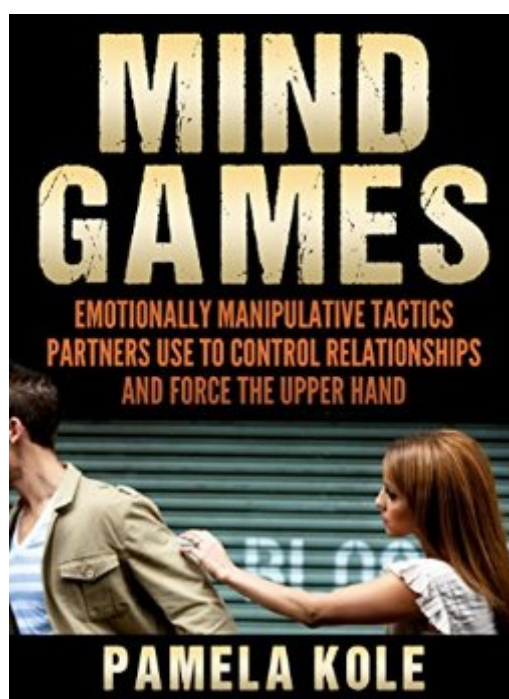


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# **Mind Games: Emotionally Manipulative Tactics Partners Use To Control Relationships And Force The Upper Hand - Recognize And Beat Them**



## 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

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## Customer Reviews

There is a lot of good information in this book on how to spot this type of abuse. I recognize I have contact with several people who fit this profile, a few of whom I have to deal with on a regular basis. Just knowing what's happening when I get that "something is wrong here" feeling is a tremendous help. I feel like knowing what's happening, while it's happening, will make it easier to extricate myself if possible and, if not, stand up for myself. I'm only halfway through the book, though, and I'm struggling. While there's a lot of good information, I feel the book would benefit from an editor. Many times the wrong word is used or is just plain missing (or several are missing--sometimes I just can't intuit what the author meant). I can overlook that; however, I feel like I'm being talked down to by the author, like a quick, breezy lecture to a young person (perhaps I just don't like the author's tone in general). I will finish reading for information's sake because there are some wonderful points contained within.

Once upon a time, I was in a pretty bad relationship. This book definitely brought me back to those times, but with a different perspective. It really framed what she did in terms of manipulation, and it fit to a t. That's how I knew that this book was super accurate - it brought back many of the feelings of inadequacy that I had from her, and the examples used in the book were very familiar.

Damn. Kudos to the author for presenting a delicate issue in such an accurate and insightful way.

Emotional manipulation, as the author says, is very subtle and isn't entirely conscious at first, even to the manipulator and abuser. It takes time and slowly seeps into a relationship, until you're left with the realization that you're not even happy... yet you are very afraid of being left. Lots of very insight into the techniques and exactly why they work. I think the examples are very, VERY good and will

help others recognize if they are falling prey to those situations. I recommend.

The author has done a great job of breaking emotional manipulation down to the core components of what makes it up. This is the kind of thing that people should learn before they go into their first relationship, but it's never taught anywhere which is a shame. It seems that the author has had some training in psychology and such because of how she analyzes behavior. It's very refreshing and interesting to read about. I do think that women in particular are at risk of this kind of behavior, just like the author herself, so it would benefit quite a few women to read this and really realize what is happening in their relationships. I recognized a few things that my exes have done, and I feel a bit foolish in hindsight for letting it affect me.

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.

I didn't realize I was in an abusive relationship until I read this book. I've always been one of those women who swore she'd never be in "that type of a relationship." But here I am and thankfully I now recognize it. If you feel unhappiness in your current relationship, this is a must read. Opened my eyes and now I can heal & move forward. No one deserves to be treated badly. I recommend this book highly.

Some ebooks are really helpful in your life. this is one of them if you care about relationships. You also may feel hampered by people maneuvering about you and you can't stand the manipulation. It comes in and it goes out. People do it to you and you in turn practice it as well. It's time to stop and read these pages to take back control. The tactics rang true for me and I'm sure they will for you.

I'm currently going through a trial separation. Trying to figure out what happened with our marriage. I've been doing a lot of research on emotional abuse. This book is the most accurate so far for my situation. Describes my husbands actions and my feelings very closely. Reading about subtle tactics is important for me; it's so easy to overlook them. A must read if you suspect manipulation by a partner.

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