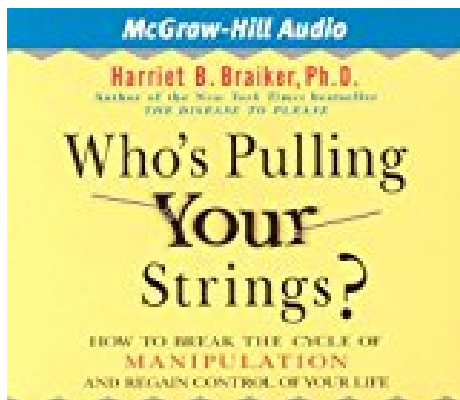


[PDF] Who's Pulling Your Strings: How To Break The Cycle Of Manipulation And Regain Control Of Your Life

Harriet B. Braiker - pdf download free book



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Description:

Review "..she helps readers recognize manipulation and assesses and reduce their own vulnerability." -- *Library Journal* --This text refers to an out of print or unavailable edition of this title.

From the Back Cover

Many people suffer from relationships that leave them feeling manipulated and out of control. Whether it's within the context of a personal relationship, a family member, a friend, or someone at the workplace, these "toxic" relationships can erode a person's self-confidence and self-esteem, and have a strong, negative effect on their ability to perform well at home and at work. But there are ways to escape these kinds of relationships--by giving the person being manipulated the skills to cope better with these manipulators, and eventually free themselves from the bonds of their manipulators.

Working from a proven blend of sound psychological theory, research and clinical expertise, Dr. Braiker exposes the most common methods manipulative people use to control others--and firmly reminds us that it takes at least *two* people to enable such a relationship to function. Once you understand how your own thoughts and behavior make you a soft-target for manipulators to ensnare in controlling, stressful, no-win relationships, she teaches you potent techniques that will thwart a manipulator's designs and allow you to escape his or her web of control. Using revealing self-assessment quizzes, action plans, and how-to exercises, Dr. Braiker empowers you to:

- Recognize the signs of a manipulative relationship
- Spot manipulators and their typical ways of operating
- Assess your own vulnerability to manipulation
- Identify the 7 main "Head Games" manipulators play
- Utilize effective resistance tactics against manipulator's efforts
- Transform yourself from a "soft" to a "hardened" target
- Extricate yourself from manipulative relationships that do not change
- Protect yourself from falling prey to manipulators' control in the future
- Stop others from pulling your strings once and for all

Also included are enlightening case studies, along with clinical techniques adapted into proven self-help exercises, which will help victim-participants end the damaging cycle of manipulative control, and clear the way for healthier and happier relationships. At last, you can protect yourself from emotionally draining manipulative personalities--and break free from the confusing, frustrating, and entrapping bonds they create.

Break away from manipulators--and regain control!

Millions of people, men as well as women, can become involved in relationships with manipulators--people who control through emotional manipulation, insults, and mind games. This manipulator could be anyone who seems trustworthy, but eventually makes life miserable for the victim involved. But whether it's a relative, a spouse or romantic partner, a sibling, a boss, co-worker, or subordinate, a friend, a teacher, or even a trusted advisor, Dr. Harriet B. Braiker, bestselling author of *The Disease to Please*, shows you how to break this toxic cycle.

Who's Pulling Your Strings will help you both end a current destructive relationship, understand how this relationship occurred, and will also prevent you from ever getting involved in a manipulative relationship again. Dr. Braiker will help you devise your own action plans through revealing quizzes, checklists and self-evaluations, such as:

- Are You an Easy Mark?
- What Are Your Hooks?
- Seven Key Resistance Tactics
- And much more!

With the Harriet Braiker's insight, compassionate advice, and self-affirming strategies, you can create the strength to end any manipulative relationship and gain control of your life--starting right now.

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