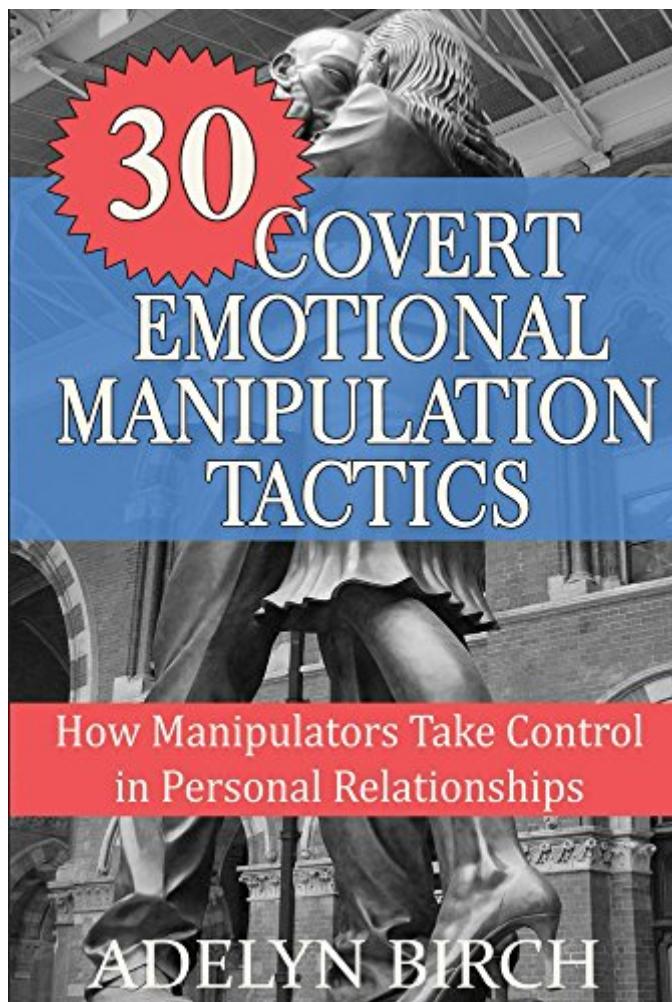


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# 30 Covert Emotional Manipulation Tactics: How Manipulators Take Control In Personal Relationships



## Synopsis

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."

## **Book Information**

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## **Customer Reviews**

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.

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

Very clear and concise. a wealth of information contained in this small book. A must read for anyone who suspects they're being manipulated.

This is a short, easy to understand, textbook on manipulation tactics. I highly recommend it to anyone; people who don't yet realize what's happening to them, seekers of understanding and peace, loved ones of persons being manipulated, healthcare providers, criminal justice, and seasoned survivors trying to stay on top of their manipulation detection game. Don't let the modest price tag on this fool you-the information inside is worth far more.

This was a great book if you're dealing with a boss (or anyone really)that is covertly aggressive and manipulative. Understanding how and what they do to make you feel like nothing is a huge step towards learning how to fight against them. 2 covert emotional manipulation tactics i experienced daily we're the silent treatment and invalidation. These made me feel that I was worthless and invisible. This book help me understand how manipulators think and act so I was able to put together a plan to fight back aND be successful. Between reading this book and applying mindfulness techniques, I've learned a lot on how able to handle covert aggressive type personalities and not let them get the better of me.

I agree with the reviewer that thought it was helpful to read both this book AND "Who's Pulling Your Strings" by Harriet B. Braiker Ph.D. I bought them both...In my opinion, the biggest strength of THIS book, is to help identify the technique being used. This is a knowledge area I have little experience in. I felt a sense of uneasiness in a relationship. It feels toxic. That's why I started searching this subject on . I suspected, but I couldn't really put my finger on what was wrong. I started reading and it really opened my eyes. There are two techniques that explain EXACTLY the difficulty I'm having in a particular relationship. It helps to bring more clarity and make their behavior more predictable and

less powerful. Becoming aware of the game that's being played may be enough for some people. For me, I think I needed more to fight against it. I don't believe "Who's Pulling Your Strings" was as good at identifying the tactic being used, I thought it was better at providing more details on how to actually fight the manipulation or get away from it. So these were two very helpful books to read together.

I found the book to be a no fluff guide. It gets right to the point and is written in Lyman's terms. Some information we already no but it's good to have it explained in further detail to bring clarity.

I feel like I just had an epiphany and this book took me 25 minutes to read. I can't believe how much some of this information applies to my life.

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