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Emotional Manipulation: Be the Solution Not the Victim: An Action Oriented Guide to Beat Emotional Manipulation Forever

James O'Donnell, Rayne Hall

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Emotional Manipulation: Be the Solution Not the Victim teaches you how to recognize the manipulator's *deviously sly and underhanded malicious measures to*take advantage of you and use **emotional manipulation tactics** to tear you down to build themselves up. The emotional manipulator is one of the slyest and craftiest abusers out there. Knowing that you are emotionally invested the manipulator artfully crafts an intricate web filled with doses of love and countered with tactics of control. This web is blinding to the victim leaving it almost impossible at times to recognize the abuse. The manipulator's end goal is to break you down so you are emotionally dependent on them for a sense of *self-worth and love* leaving you *vulnerable and feeling insignificant*. Eventually the victim feels trapped and that leaving the relationship is near impossible. **YOU ARE SIGNIFICANT AND YOUR FEELINGS ARE VALID AND MATTER!** In this book you will see the manipulator *uncovered and exposed*. We will expose the most common tactics that you may already be unfortunately very familiar with. More importantly we *guide you* through this process with the *9 Essential Steps* to liberate yourself from **emotional abuse and manipulation forever.** If you are truly tired of feeling **less than,** then it's time to *free yourself from emotional abuse forever!* **Emotional Manipulation: Be the Solution Not the Victim** teaches you how to recognize the manipulator's *deviously sly and underhanded malicious measures* to take advantage of you and use their **emotional manipulation tactics** to tear you down to build themselves up. The emotional manipulator is on of the slyest and craftiest abusers there is. Knowing that you are emotionally invested they craft an amazing web filled with doses of love and countered with tactics of control. They may continually make you feel less smart, lucky to be with them, and helplessly hopeless without them to keep you emotionally shackled.

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