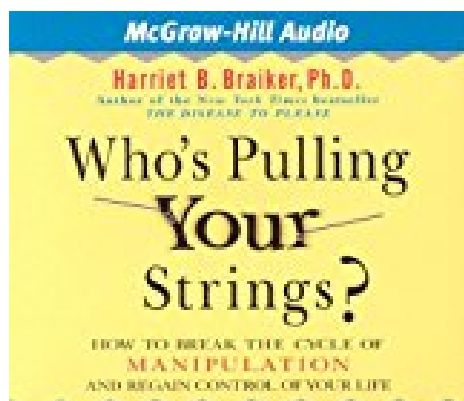


# [PDF] Who's Pulling Your Strings: How To Break The Cycle Of Manipulation And Regain Control Of Your Life

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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