

[PDF] In Sheep's Clothing: Understanding And Dealing With Manipulative People

George K. Simon Ph.D. - pdf download free book



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Description:

Dr. George Simon knows how people push your buttons. Your children--especially teens--are expert at it, as is your mate. A co-worker may quietly undermine your efforts while professing to be helpful, or your boss may prey on your weaknesses. Manipulative people have two goals: to win and to look good doing it. Often those they abuse are only vaguely aware of what is happening to them. In this eye-opening book, you'll also discover...

* 4 reasons why victims have a hard time leaving abusive relationships

* Power tactics manipulators use to push their own agendas and justify their behavior

*Ways to redefine the rules of engagement between you and an abuser

* How to spot potential weaknesses in your character that can set you up for manipulation.

* 12 tools for personal empowerment to help you maintain greater strength in all relationships

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