



Who's Pulling Your Strings?: How to Break the Cycle of Manipulation and Regain Control of Your Life

By Harriet B. Braiker

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Who's Pulling Your Strings?: How to Break the Cycle of Manipulation and Regain Control of Your Life, Harriet B. Braiker, This book offers a powerful program to free yourself from manipulators - and regain control of your life. Millions of people, both men and women, can become involved in relationships with manipulators - people who control through emotional manipulation, insults, and mind games. These 'toxic' relationships erode self-esteem and make life miserable for the victim. Whether the manipulator is a relative, a spouse or romantic partner, a boss, coworker, or subordinate, or even a trusted friend or advisor, Dr. Harriet B. Braiker, bestselling author of "The Disease to Please", shows you how to break this damaging cycle for good. "Who's Pulling Your Strings?" will help you end a current destructive relationship, understand how it occurred - and prevent you from ever getting involved in a manipulative relationship again. 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 seven main 'Head Games' manipulators...



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