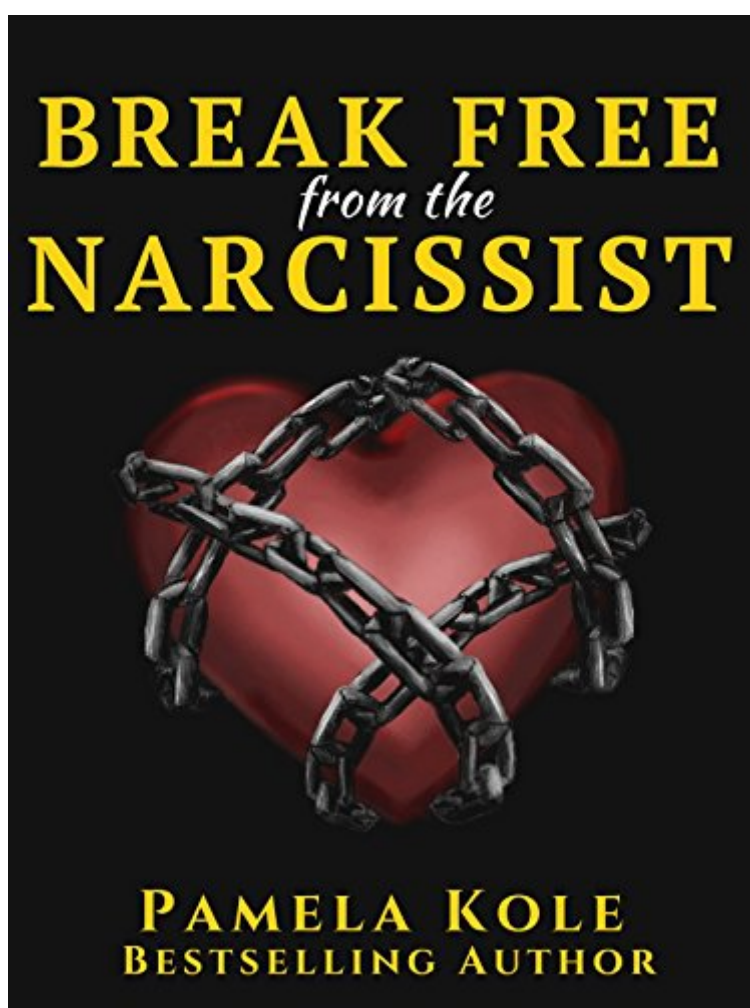


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# Narcissists: Break Free From The Narcissist And Psychopath: Escape Toxic Relationships And Emotional Manipulation



## Synopsis

Are you feeling miserable yet trapped in your relationship? Who is this stranger, and where is the person you fell in love with? Are you constantly told you're not good enough and actually starting to agree? Kept from voicing your concerns and needs by the fear of a violent backlash, or even worse, being left and unloved? Will you live your life dictated by fear and walk on eggshells forever? Your partner doesn't understand love and you are in a toxic relationship. Break Free is your primer if you simply can't understand why your partner or friend continually hurts you and makes you feel unlovable. You are not to blame and there is nothing wrong with you - they are a psychopath or narcissist, specific personality types that aren't in relationships out of love. They'll charm you at first, then turn the tables to keep their control over you. They'll make you think you're crazy for wanting to be treated normally. Pamela Kole, author of the bestselling book *Mind Games*, has had to protect herself from (1) physical, (2) domestic, (3) verbal, (4) mental, and (5) emotional abuse. That's why Break Free is different; it was written from firsthand pain. She wants to shine the light onto what is happening right under your nose and what to do about it because she was you. Break Free will teach you everything you need to spot the narcissist or psychopath, disarm them, and become their worst nightmare. 14 red flags of emotional manipulation. Vivid examples and illustrations so you know exactly what you're up against. Character studies of the psychopath, narcissist, and manipulator so you can understand them and take away their ammunition. The psychological phenomenon of the abusive relationship cycle. How else will you gain your freedom from your invisible prison? What makes you feel compelled to stay despite it all. How to establish assertive boundaries to protect your heart. Precise tactics and phrases to disarm narcissists and psychopaths. How to leave and what to do in the aftermath. Learn to love yourself again. Escape the black hole of the narcissist and psychopath and discover how your self-worth again. Stop the pain and undermining and realize that you deserve love, happiness, and a place to feel safe. Learn to disarm the narcissist and psychopath and control your life again today. Don't feel trapped and hopeless anymore. There's no shame in admitting that you need to Break Free start by clicking the BUY NOW button at the top of this page.

## Book Information

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## Customer Reviews

I liked it a lot. I read Mind Games and it brought me to this new book. There are some of the same things about emotional manipulation but the way the psychopath and narcissist was brought to life was truly frightening, and truly relatable. That was the scary part. Great book on the topic and I can vouch for its accuracy because it nearly gave me triggers. Thanks.

I learned a lot from this book that I hadn't even touched on in years of schooling. Just goes to show you real life experience will almost always beat mere academia. Everything just felt correct and real. Great read.

great book !

I was in a relationship with a sociopath and after two excruciating years left but still struggled with what happened in those two years. This book helped me realize I was not the sick person and how 55o go on with my life

Put a lot of my feelings over the past year into words! I can't thank the author of this book enough.

Ms. Pamela Kole you have helped me more than you will ever know. This is a book that will tell you exactly about the person in your life that is making you feel terrible... but you are still with them. As the author says, it's not love. At least not the actual definition of love, it's a twisted version that only exists to make them happy. And that's not love.

Thank you, Pam! This is exactly what I needed! Thank you! This book teaches you how to recognize abusive relationship, how to deal with it and leave it. How to be happy after the damages it caused.

It strengthens you if you are experiencing some narcissistic person around.

Clear, easy to read writing style. Much appreciated affirmations of what it is like to live with an emotionally and verbally abusive person. The destruction is intentional and real. Read the book if you are questioning your own relationship.

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