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"The Disease to Please", shows you
how to break this damaging cycle
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is about emotional or psychological
manipulation. It is not intended to
apply to relationships in which
physical violence—or the threat of
physical violence—is used as a
means of control. I wouldn't

personally be so black and white
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7 Steps to Beat Manipulation

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succeeds at showing readers how to

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break free from manipulation....

Pointing out that everyone is subject to manipulation but that some people are more susceptible than others, she helps readers recognize manipulation and assess and reduce their own vulnerability and teaches resistance tactics

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