



Mind Games: Free Yourself Of Emotionally Manipulative Relationships And Learn To Stop Walking On Eggshells (Emotional Manipulation, Codependence, Emotional Abuse, Manipulative Partners)

Michele Gilbert

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Are you walking on eggshells around your partner?
Do you feel anything will set them off?

Are you unhappy in your relationship, but not sure how to get out?

Recognize that your partner is a manipulator and abuser - don't let them continue to have the upper hand.

Mind Games shows you the underhanded, sneaky, and malicious emotional manipulation tactics and tricks that manipulators and abusers use to beat you down and try to control you.

We all can recognize blatant abuse, however,when we're emotionally involved, it's impossible to see the signs that are right in front of our faces.
They will make you feel worthless and vulnerable, and impossible to leave ,

Learn..

Chapter 1: Are You A Victim?

Chapter 2: Emotional Abuse, In All Its Forms

Chapter 3: Freeing Yourself

Chapter 4: Avoiding The Manipulators

What emotionally manipulative tactics will you recognize and what tricks will you no longer accept?

More importantly:

Emotional manipulation tactics IS abuse, even if there are no physical signs. Gain the courage you need to leave...and go find true happiness, !

Learn when your abuser is not acting in your best interest, and how they make you believe that they might be.

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Donald Calderon:

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Lola Hernandez:

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