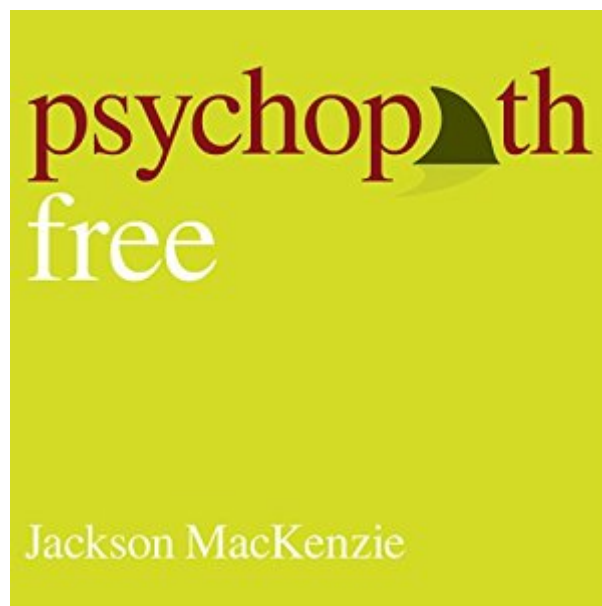


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# Psychopath Free: Expanded Edition: Recovering From Emotionally Abusive Relationships With Narcissists, Sociopaths & Other Toxic People



## Synopsis

The psychopath carefully selects the most indifferent and heartbreaking way imaginable to abandon you. They destroy you as a way to reassure themselves. But most importantly, they destroy you because they hate you. They despise your empathy and love, and to destroy you is to temporarily silence the nagging reminder of the emptiness that consumes their soul. Unbeknownst to both of you, this is the beginning of a great adventure.... Psychopath Free operates under the assumption that you are not defined by your pain, but instead by the subsequent choices you make along the way. The goal is to make the process a bit more holistic, to provide all the tools you'll need to find validation, self-respect, peace, and love. Psychopath Free will help you out of the darkness so that you can begin making better choices that will forever alter the course of your life. So say farewell to love triangles, cryptic letters, self-doubt, and manufactured anxiety. You are no longer a pawn in the mind games of a psychopath. You are free.

## Book Information

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## Customer Reviews

One day, out of the blue, your confusing and emotionally-charged romance abruptly ends. Your partner is gone like the wind and into a new relationship in zero seconds flat. You're left absolutely devastated and wondering what the hell happened to you. You start searching the internet with terms like "cheating girlfriend" and "abusive boyfriend" and eventually you stumble onto websites discussing Psychopaths, Narcissists, and other disordered and toxic people. It isn't long before the dire reality hits you - you've been targeted by a predator, and you aren't alone. Up to 1 in 25 people walking this earth are psychopaths and the wide majority will remain undiagnosed, flying under

society's radar, for their entire lives. The pseudonymous author has laid out all the important characteristics of the garden-variety psychopath and the inevitable harm he heaps upon his romantic partners in the relationship cycle of idealization, devaluation, and discarding. He writes in layman's terms the effect the deception, covert and overt abuse, manipulation, and pathological lying have on the partner's psyche. He discusses specific steps to take to break free of the trauma bond and begin walking the path towards a healthy life and healthy relationships. The author is walking the path to freedom himself and gives credit to those who have helped him along the way - from clinical researchers to a group of online friends, also survivors, who are working to heal as well. It's important to note that this book is written in terms that a person fresh out of an abusive relationship can read without the dry clinical terminology and confusing verbiage. It is obviously written by a thoughtful and caring person who wishes to give something to those who are the feeling pain and confusion of such devastating loss. I highly recommend this book.

This book really reached into my heart and described exactly what I was feeling---exactly why I felt that way and exactly WHY I had such incongruent emotions. This anonymous author puts it all into perspective. This book was more than a wake-up call. I knew there was something very wrong with this relationship, with the way I was being toyed with. Yes, I was being played like a fiddle. There really are cruel people out there, who are experts at emotionally torturing those who love them. But, they're not like that when you first meet them. They are the "ideal mate". They like you, love you, appreciate you, and promise you lasting love---until you're hooked. Then their dark side is slowly resurrected from their wretched empty souls. They will lie straight-faced. They will cheat incessantly. I'm OK, but he's really not OK. And he never will be. If he walks away, it will be a gift. But he won't walk away for good. He'll be back. And those ex-lovers of his that he refers to as nut-jobs, he'll keep going back-and-forth to those exes too!!! He has no moral compass. No ethics. His only pride is in winning, through lies, persuasion, spite or sheer charm. He will also take credit for your accomplishments too! His sense of entitlement is exaggerated. He might even say: "I'm the best thing that ever happened to you..." Then why am I having nightmares? Why is my identity so eroded? Why am I looking for help from others who have experienced this emotional trauma? This book helped me. It made me cry. It assured me that I'm not alone. Thank you anonymous author. Your name is "Peace". That's something else that he tried to steal from me, my peace. Thank you for shining light on the darkness that crossed my path. Thank you for your wisdom.

I have been in a 26 year marriage and have finally gotten the courage to get out of. This book was

something that confirmed the decision for me. I cried reading this. How can someone you love be so cold and calculating, no conscience, not loyal to anyone, self entitled, always lying and all the while making you believe that you are losing your mind? I really believe that this type of person will never be able to love anyone but themselves. It's always someone else's fault never their own. I believe people that are like this do get it in the end. You can't go through life without accountability. There are consequences for our behavior. Good or bad. It is sad though the people that suffer in their hands. It took over half my life to realize it wasn't me after all. A good read. I wish I had this book 25 years ago. Could have saved me a lot of heartache. I now look forward to the next chapter of my life w/out the toxic person in it.

I have read numerous books on psychopaths. This book is unique and powerful in that it is written from the perspective of someone who has been there. You can tell from the first page, the author has had a relationship with a psychopath and a great deal of knowledge, insight, and wisdom on the subject. I felt like the author was personally speaking to me with each word written. It is underlined and dog eared. I have been researching this subject in-depth for over a year-and-half. What the other books don't have, this one does: true experience, in-depth explanations, and as an added bonus, messages of hope. It was encouraging to read about how one becomes stronger after recovering from the abuse of a psychopath and the good that ultimately comes from this experience. At the same time, I was enlightened on topics of which I thought I had a thorough understanding. I am so very thankful for this book. This is the book I would recommend first to anyone on the subject of psychopaths. So very grateful to you Peace, JM/Free Bird

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