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attention and rewards on an intermittent  
basis. This is the same... Intentionally  
Cause a Meltdown. The manipulator will

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back you into an emotional corner,  
cause you to meltdown and then...  
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Tactics "KNOWLEDGE IS POWER. Gain  
your power back learning to recognize  
when someone is trying to take it  
away. This book is clearly written and  
very powerful in that it helps arm you  
against becoming entangled with such



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Habitual liars sometimes lie when it's  
unnecessary. They aren't lying because  
they're afraid and guilty, but to... Denial.

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This isn't denial that's unconscious, like  
not realizing you've been abused, have  
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manipulators to gain the upper hand.  
This small but powerful 33-page book  
focuses succinctly on identifying  
emotional manipulation. You will learn  
thirty tactics manipulators use to get  
what they want.

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February 17, 2019 By Lucio Buffalmano.

30 Covert Emotional Manipulation  
Tactics (2015) covers the manipulation  
tactics that sociopaths, psychopaths,  
and male abusers use to control women  
in intimate relationships. Bullet  
Summary Be aware ....

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Covert emotional manipulation occurs  
when a person who wants to gain power  
and control over you uses deceptive and

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How Manipulators Take Control  
underhanded tactics to change your  
thinking, behavior and perceptions.  
Emotional manipulation operates under  
the level of your conscious awareness. It  
holds you psychologically captive.  
Victims usually don't realize what's  
going on while it's happening.

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