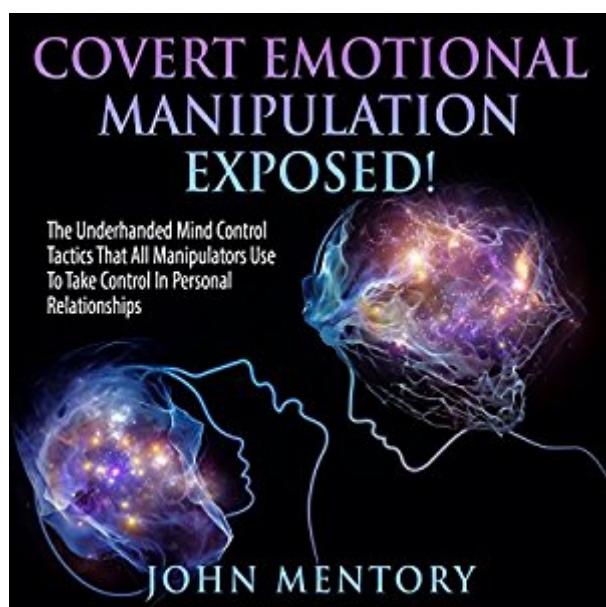


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Covert Emotional Manipulation Exposed!: The Underhanded Mind Control Tactics That All Manipulators Use To Take Control In Personal Relationships



Synopsis

Emotional manipulation is a powerful and potentially deadly fact of life. It is not easy to recognize manipulation taking place. Some people are highly skilled at manipulating the emotions of other people in order to serve their own needs and desires. When this manipulation is carried out in a secretive and subtle way it can be referred to as "covert". When you hear the word covert it might make you think of secretive, special operations. In the case of emotional manipulation, this is actually accurate. Covert emotional manipulators are carrying out a secret mission to rob you of your self-esteem, willpower, and ability to make decisions that are in your own best interest. Worst of all, you may not even know this is happening. The most skilled emotional manipulators will not only be able to hide their attempts to impact and influence you, but will also be able to make you feel as if you are the person who is behaving badly! In his book entitled *Covert Emotional Manipulation Exposed!* author John Mentre shows you everything you need to know to recognize, neutralize, and fight back against covert emotional manipulation. You will understand the specific weapons and tactics that are used by manipulators to achieve their own selfish ends. You will be given a complete toolkit in order to regain control over your own life and stop anyone from having unfair power over you ever again. You have a simple choice. You can ignore this book and the valuable information it contains and go through life at risk of being used by others for their own selfish ends, or you can listen on, apply the information, and live a happy life that is within your own control.

Book Information

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Customer Reviews

This author does a great job explaining the strategies used by manipulators to manipulate their victims. Who can benefit from this book? A person who does not have social experiences from avoiding manipulators or hasn't been exposed to being manipulated. Manipulators come in all types of categories and in any place. As indicated in the example of the work space, in Chapter 5 Office politics or Sociopathic tricks? I personally have experienced the "False Ally" in the workplace. They will approach you in an unlikely manner. They become very disruptive in your workplace life. You won't see them coming, if you do not know this type of person exist. Additionally, the more experience you have interacting with a manipulator the more you will agree with these actions in the book can occur with their victims. Note: With all of the tactics mentioned, this is a dark book for those whom have already been exposed to manipulators. The odd part of the book is that the last chapters made the unwinding of the manipulator's actions kind of unbalanced compared to the actual actions.

Manipulation is something that is going on all of the time around us. The problem is being able to see it when it is happening. This requires a level of understanding about the nature of manipulation and a plan of attack for how you can identify it and also deal with it. John does an amazing job of covering exactly this in his book. He goes through how to recognize the manipulators. This covers both in romantic relationships and in just normal everyday life. He then shows you exactly how they manipulators hide the fact that they are manipulating and thus gives you the upper hand. This is a must read for anyone who isn't aware of how they are being manipulated.

Its an easy read. Opens your eyes to the tools manipulators use. In general its an eye opener and illustrative, you can browse through it and get educated on a high level in a 3 hour plane flight. I didn't love the alarmist way in which the book ends, I would have rather kept it more down to earth since I believe there are plenty of more natural manipulators that are around us but that would never reach sociopathic levels, or so I like to think. In general it gives you a very good perspective on manipulators and covers a good range of tools/manners.

boring, and boring and just boring.

Blown away by the support and validation felt while reading this book. FINALLY SOMEONE WHO UNDERSTANDS AND IS SAYING TO ME "YOU'RE NOT CRAZY". Thank you. I recommend this

book for every rational thinking person because we are the ones at risk. The average person is no match for this evil entity and this book is an effective weapon of defense.

I was being manipulated and didn't even know it! Read this book first if you even have a suspicion of your significant other!

It is with a large dose of trepidation that I grade this book at three stars. This book claims to provide definition, diagnosis, and treatment for several types of malignant-to-deathly manipulations. On the up side. First - Unlike many "books" of this type, this is really a book, i.e. there is enough content to be classified as a real book; Second -The book is well written and proceeds in an orderly manner from the intro to its last chapter; Third - The book offers reasonable amount of information that might be beneficial to a certain category of readers ("victims") under certain defined circumstances; Fourth -It is quite competently written with enough attention to spelling, syntax, and structure not to offend a reader. On the down side. The worst aspect of the book is the atmosphere of paranoia that it conveys. It does not imply, but numerous times directly claims that the advice it offers the readers may save their lives or sanity. Yours truly thinks that this claim is heavily overblown. If you look at interpersonal relationships through the eyes of the authors, you better hurry and find a good monastery or convent, with as few monks/nuns as possible. The world is not really like that. The author states at least twice that every day in the US more than three women are murdered by their close partners. While this statistic seems very scary, approximately 140 women die each day in various accidents, off those more than 30 from traffic accidents alone. Nevertheless, no book warns women of crossing the roads and presents a detailed 240-page instructions how to avoid being hit! The second critique relates to the title - COVERT MANIPULATION. Most of the behaviors described by the author are far from covert. Additionally, we are all manipulators, mostly covert. We would like people to do what we like and refrain from doing what we do not. And we do manipulate them, quite innocently, for this simple reason. Finally, in really "diabolic" (authors quote) manipulations, there is often a strange symbiosis between the manipulator and the manipulated. Hence, psychological help, though not recommended by the author, is often needed. On the whole, instead of being mostly helpful, the book is mostly scary. Beware!

Dark and a bit scary are the first two words that come to mind as I read this book. Getting to know the inner mind and thoughts of those who are emotional manipulators was not only intriguing but downright scary. John really takes you in deep to this world and brings you face to face with the

sociopath that is an emotional manipulator. If you have to deal with a lot of people, especially people in power roles, I cannot recommend this book enough to you, it gives you a deep understanding into how they think and function.

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