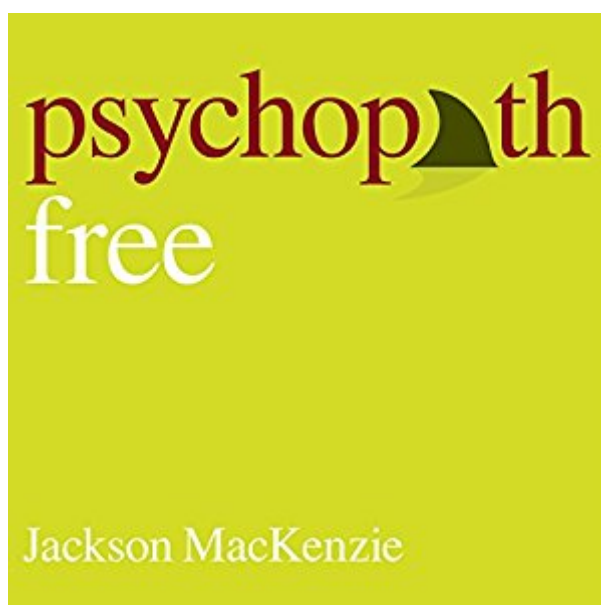


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# Psychopath Free: Expanded Edition: Recovering From Emotionally Abusive Relationships With Narcissists, Sociopaths & Other Toxic People



## 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 feeling pain and confusion of such devastating loss. I highly recommend this book.

I've never written a review for before. This is the first time (and may very well be my last time). I'm writing this review because, point blank, this book changed my life. And adding to the stars here is the only way I can reach out to anyone else who's gone through the horrible, self-degenerating experience of being with a psychopath. This book can heal you. It's the equivalent of some kind of a magic pill in written form. And it's written purely FOR the victim and about the victim. It's not about the sociopath. It's about what they did to you, and why you're not wrong. I can only compare reading this book to being six years old, and being held and loved by one of my parents. It's the kindest thing you can give to yourself. For me at least, every word in this book literally happened to me -- down to exact quotes. For years and years I've struggled to even ADMIT that the man I loved was a psychopath -- because I didn't want to believe it and because I'd been conditioned to think that everything was my fault. 5 pages into this book, I started to ball my eyes out. Not because I was missing the man that tortured me for years then ditched me like a piece of trash -- but because for the first time in 20 years I was able to fully believe that I was not to blame. I could see things from a perspective I never could see before, despite all the efforts of the people around me. I always thought everything was my fault and was gaslighted to the point that I thought I was just crazy. This book is a gift. It is the kindest gift you can ever give to yourself. No retribution, no therapy and no other person can replace the time spent alone, thinking, reading, and seeing everything you went through in black and white text.

What can I say about "Psychopath Free" by Jackson MacKenzie that hasn't already been said? It is

truly the best book out there on psychological abuse. As a therapist who specializes in the recovery from psychological abuse, this is the very first resource I ask new clients to read. I also have it as a training manual for new staff therapists and interns. If someone is going to read one book to help them understand what has happened to them or a loved one, THIS is the book to read. I am truly grateful that this book is available for survivors and therapists who need to learn more about this form of abuse. True Excellence!

While reading this book I've had more "omg" & "aha" moments than I can remember as I read many of the dynamics of my personal relationship in ink. Things such as discussions & proclamations of marriage one day, during, or combined with over the top physical affection and statements of life together - but if I verbally agreed two days later, even quoting her very same verbiage of her proclamations, I was blasted for it, dubbed manipulative, pressuring, projecting and controlling, followed by "time for you to go" and two or three days of silent treatment. Idealize, devalue, discard - get the call back & repeat. The idealization & passionate phase almost guarantees their partner will tolerate it, and come back begging for more. Then comes the new target who is staged to protect your psychopath from you. Mine paraded him around in front of me at a church function, initiated conversation with me, with mixed messages of course, then strolled to the new target leaned into him for a hug and support, then throughout the function gave me doe eyed affectionate glances. Her children were confused - expecting me to be there for the long haul after this 5 year cycle. There was no visible remorse and the teens pleas to cease the new relationship were met with chastisement. The psychopath cares little who is caught up in their wake and hurt. I am assured of three things by this book and mutual friends, 1) there will be a call back, 2) the new target will be destroyed as well, and 3) there is no remorse. I saw was repeatedly apologized to, though I observed no emotion except a small smirk. This book will open your eyes!!!!

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