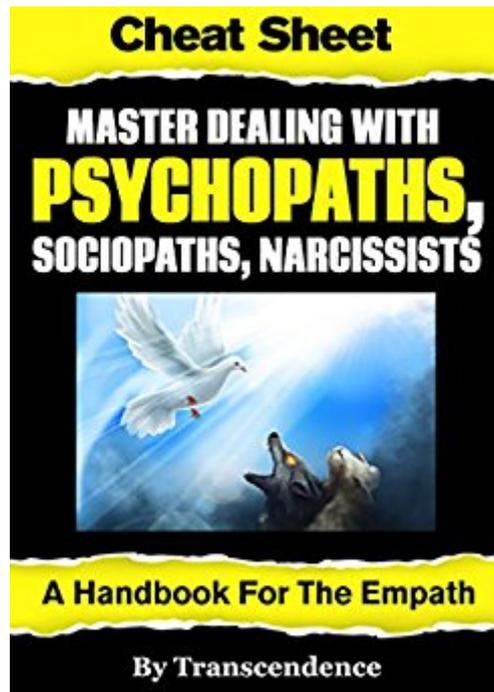


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# Master Dealing With Psychopaths, Sociopaths, Narcissists - A Handbook For The Empath



## Synopsis

Updated January 2016: This is Version 2.0 of the Handbook. This handbook was compiled by a once-naïve empath who encountered psychopaths in various avenues of the author's life: heart broken, illusions stripped away, career path shattered, and a result of radical transformation. Somewhere in an abyss of self-searching darkness, the author was finally able to put the puzzles together by an inkling of spiritual insight and wisdom, as well as our common human will to rebound, rebuild, regenerate and re-strategize. This led to an obsessive quest to gorge forums, books, resources, consultations. The author read over almost all available resources - from the scientific, to the practical, to the spiritual and esoteric. Thousands of hours spent in understanding the subject matter with the goal to provide you with a handy guide that is practical, simple and extremely useful. Cheat Sheet: Master Dealing with Psychopath, Sociopath, Narcissists - A Handbook for the Empath | is meant to be a solid guide for empathetic individuals that you can reference over, over and over again. It is written with the aim to help empaths navigate this hidden terrain with both practicality and total clarity. The goal for the guide is to:

1. Have an effective reminder to reference and read, again and again, especially at moments when risking a fall into the internal battle of controlling our "niceness" to the undeserving.
2. Thoroughly analyze and summarize the modus operandi of this type of being. So the empath can have a counter-method of operation; to review again and again as a lifetime reminder. Learn: "A critical list of points to read when feeling irresolute on the NCEA rule." "The Psychopath pattern and method of operation at work, romance and other domains." "How to repel, defend against, and ensure they can never impact you again." "How to change your own mental conditioning so you are immune to their tactics." "The underlying principles to influence them short-term and in unavoidable situations." "How to maneuver yourself out of their webs." "Concise but thorough summary to identify them - from experts such as Hare, Sheridan, Stout, and much more." "4 strategies to get over them in real life. And much much more" | The author plans to research additional topics that are important to the empath, and include them in constant, future updates. For existing buyers, however, the eBook is a one-time, low cost and new updates will be free to view. Get this now while you can!

Tags: Sociopath, Psychopath, Psychopath free, Psychopathic, Manipulation, Narcissist, ASPD, Mental Health, Antisocial Personality Disorder, Psychopath vs Sociopath, Anti-social, Personality Disorder, Spot Lies

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## **Customer Reviews**

This is one of those books that everyone should read. It is almost inevitable that everyone will meet one of these types of people at some point in their life, be it a family member, a "friend", a co-worker so at social events. These are people who will never care for you and see you simply as an object or a tool to further their own goals. They care about themselves and only themselves and as the book puts it better than I can "you are too important and valuable to be drained by a human black hole". This book shows you how to deal with these kinds of people when you meet them and the different types you will come across. They are different people with psychopath being arguably the worst type but all of them can be detrimental to have around. The book explains the NCEA ( No Contact Ever Again) rule why it is important and why you need to have it and stick to it. These people can be hard to spot at first but can have a devastating impact on you, your life, your career and your ability to trust. Although these people sound scary (and they can be) this is not a do not go outside and avoid everyone book. This is a guide that tells you what to do if one of these people becomes part of your life to minimise the damage. You need to trust people, you need to love and share experiences with people to live a full and happy life but these people will simply drain all your affection and give nothing in return. With the information contained in this book you will learn how to

cut these people out of your life and direct your affections and your time to the right people. Overall this is a brilliantly written cheat sheet that contains everything you need to know. It is well written and very well researched. A must read for anyone especially if you already have one of these people in your life.

This book does an excellent job of explaining the psychopath in-depth, and explains how we can change our behaviors as a way of protecting ourselves from them. Cause lets face it; we cannot change them, or remove them from our society. We need to learn to recognize the signs that someone may be a psychopath, sociopath, or narcissist, and change our behavior in a way that keeps us safe. This book will teach you all of the above. These toxic persons depend on you to fight fair and play nice. They count on your openness and transparency. This book will show you how to fight them in a way you have a fighting chance. • Fighting • does not mean • taking them head-on •. This book will show you how to do it in ways that are in your best interest and safety. I really love the information in this book! It's absolutely 5-star material! This book will certainly help you learn how to protect yourself from these toxic people.

Keeping up as much as humanly possible with the info on P/S/N's, this was refreshing and comprehensive in providing real-life strategies that work with real-life P/S/N's. It took me +30 years of recognizing and breaking free from a lifetime of a +99% surrounding environment of toxicity, to finally learn and apply the life-saving concepts laid out here (and read in less than a day). I especially appreciated the inclusion of oft-pondered topics, such as the spiritual ramifications of these experiences (on/for both sides). First time to see it being discussed outside of the confines of my healing mind+heart, alone. :) The point of view seems to be rather unique - wherein most books on this subject are coming from one of three major p's.o.v.: 1-impassioned professional (therapist), 2-survivor memoir, 3-perpetrator confessional. Comparatively, the perspective feels very neutral, and in this reviewer/researcher's humble opinion, thus a fantastic and sufficient starting foundation for the journey/path less traveled, yet most impactful. Additionally, I am more than interested to keep up with the expressed updates, the author refers to at the end of this very good book.

This guide is a thought provoking and fascinating read; I guarantee when you are reading it you will identify someone in your circle who is a psychopath. The book highlights that as empaths we soak up other people's negative energies and goes further to discuss how we can exit these toxic relationships and prevent these personality types from draining our energy. The author examines

theories from different schools of thought and brings them together in what is an easy read considering the subject matter. If you are the kind of reader who likes to expand your mind, if you are someone who is intuitive and a deep thinker then I would recommend this book. Reading through this guide does not change anything but what it does change is the way that I will deal with these types in social and working relationships. There are social situations and working relationships that I do struggle with, I try hard to be a non-judgemental person, this guide has given me an insight into the way others think and gone further to make me realise why they behave the way they do and say the things they say. We come across these personality types in our lives all the time, this guide will show you how to deal with them and exit the relationship unscathed. I try to always see the best in people this book has helped me to understand that not everyone is good and in trying to be kind I am putting my own emotions in dangerous waters. Ultimately I just need to remove these people from my circle and I will be far less stressed and much happier. Do not forget to sign up for the updates; the author states that this guide is a work in progress and that all future topics added to the book will be available as a free download to those who have already purchased. As a feminist I am looking forward to the female to female aggression topic that is to be added at a later date.

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