



Breaking The Chains Of A Psycopath And A Sociopath: Learning How to Live Again

Ken Fisher

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Breaking the chains of a psychopath and a Sociopath is a book aimed at helping people recover from the terrible, horrific emotional and psychological turmoil that a Psychopathic/ Sociopathic abuse situation may have brought in their lives. It will help readers understand and process the experience and move on. Revenge on the abuser is impossible as well as unhealthy. You should concentrate on looking after yourself.

Once you have honestly and objectively realized and identified that you are dealing with a Psychopath or Sociopath (whether in a relationship, at work, in a committee/organization or even in your own family) you must walk away from them and leave them for good. You should never be concerned about hurting them because psychopaths cannot be 'hurt'. To them, you are nothing but an object. If a Psychopath/Sociopath walks away from you, then his book will show you how to heal from it. If you are mourning 'the good old days', remember that what you think you are missing is not the person but the persona.

Once established, and your deluded sense of missing the psychopath has passed, something truly remarkable occurs: the target turns the tables and the 'hunted thus becomes the hunter'. The beauty of this book is that it will show you how victims can use the fantastic tool of No Contact Ever Again of personal and emotional liberation without doing anything much. This book is so empowering. It is a must read for everyone.

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