



# **Mind Games: 7 Tricks for Emotional Superiority, Gaining Complete Emotional Control (Emotional Manipulation, Emotional Abuse, Manipulative People, Abusive Relationships)**

*Thomas Redder*

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You're about to discover how manipulative people are capable of bending the minds of others to their advantage. Emotional Manipulation can be a powerful tool, but also a dangerous weapon and can be truly damaging in relationships. Learn how to easily spot abusive behavior in people and learn how to become emotionally superior to them. Free yourself from being victimized or learn how to keep calm under pressure. This book will teach you simple techniques for complete control of your emotions.

#### **No Hocus Pocus - Just Pure Psychology!**

This book is a great introduction to "Mind Games", meaning both the emotional warfare in abusive relationships but also how you can trick your own mind into overcoming emotional downfalls such as stress, being abused or manipulated. This book will introduce you to what emotional manipulation is, how to spot it in abusive people as well as how to overcome it and be in complete control of your emotions. The book holds 7 easy, actionable tricks that will equip you to handle emotional abuse and even hone your own ability to manipulate emotions.

### **These Are Some Of The Things You'll Learn...**

- Gain insight into emotional manipulation and abuse
- Learn how to spot abusive behavior
- Learn how to deal with abusive and manipulative people
- Become in complete control of your own emotions
- Leverage a position of weakness to a position of power
- Easy, actionable steps that will empower you and make you emotionally stable
- Build self confidence and self control
- Much, much more!

Take action today and learn how to become in complete control of your emotions and how to deal with any abusive and manipulative behavior!

The knowledge provided in this book is guaranteed to help you become Emotionally Superior!

Get started today by downloading "Introduction To Mind Games - 7 Tricks for Emotional Superiority" for only \$2.99!

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Tags: Emotional Manipulation, Emotional Abuse, Manipulative People, Relationships

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