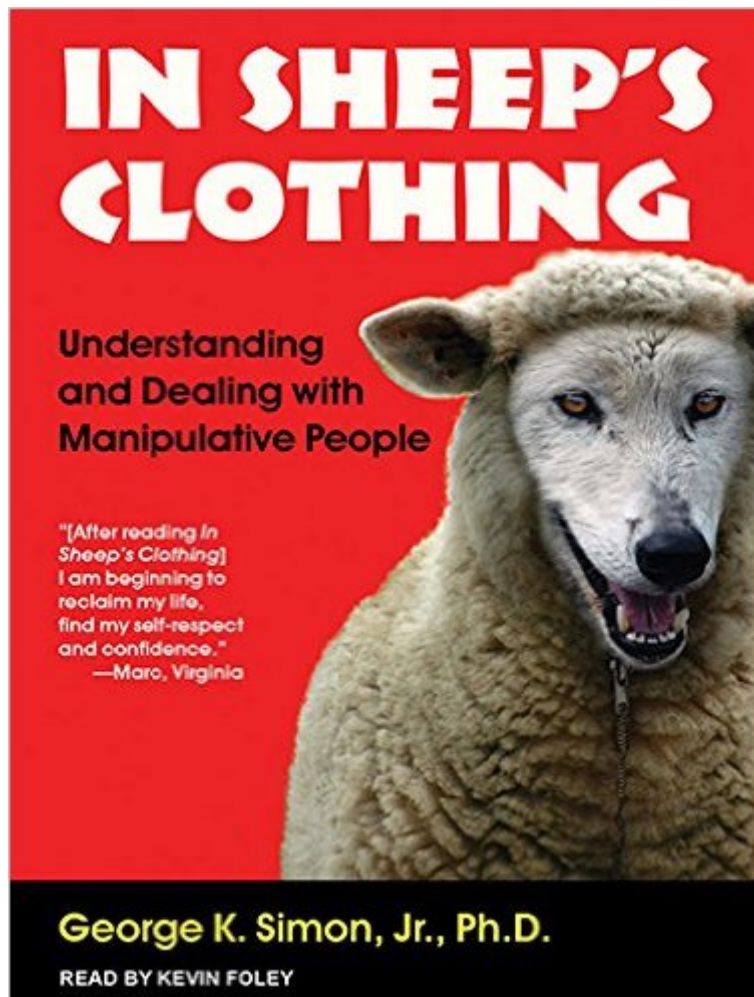


The book was found

In Sheep's Clothing: Understanding And Dealing With Manipulative People



Synopsis

Dr. George K. Simon knows how people push your buttons: your children-especially teens-are experts at it, as is your mate. A coworker may quietly undermine your efforts while professing to be helpful, or your boss may prey on your weaknesses. Manipulative people have two goals: to win and to look good doing it. Too often, those they abuse are only vaguely aware of what is happening to them. In this eye-opening book, you'll discover: -four reasons why victims have a hard time leaving abusive relationships -power tactics manipulative people use to push their own agendas and justify their behavior -ways to redefine the rules of engagement between you and the abuser -how to spot potential weaknesses in your character that can set you up for manipulation -two tools for personal empowerment to help you maintain greater strength in all relationships

Book Information

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Customer Reviews

Written by someone who doesn't pass the blame, Simon tells it like it is. He puts the responsibility for abusive behavior squarely on the shoulders of the perpetrator. Controlling, manipulative people are free to make choices, but they choose narcissistic processes and outcomes. We must stop excusing their bad behavior and confront it. Simon says (!) his readers have to take responsibility for their own lives; since they aren't likely to change their perpetrators' behaviors; victims must change the pattern of interaction with perpetrators---and that's the key. His suggestions aren't just off-the-cuff remarks. They work! For instance, have you ever noticed how hard it is to think of what to say in the moment? How easily we can think of a perfect retort after the moment has passed? Simon's simple suggestion to say, "Will you please repeat that?" works wonders. It's just the break

one needs to collect thoughts. Simultaneously, it throws the perpetrator off-base. They don't want to repeat themselves, particularly now that others might be listening more closely. Insults never come out the second time with the same conviction. Next, we're advised to repeat back the insult, such as, "You feel I am _____. Do I understand you correctly?" Being certain you understand the intentions of alleged perpetrators is important. Authors like Patricia Evans (Controlling People) see insults at every turn, her perpetrators typically being stereotypical men or "mothers". Sometimes words don't come out as intended. We don't need to do battle with those we misunderstand. Once you grasp the accusation and have gathered enough facts to assess the situation, Simon advises you offer the perpetrator the option of taking the discussion into a more private session.

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