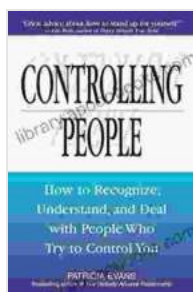


How To Recognize, Understand, And Deal With People Who Try To Control You

Are you tired of being controlled and manipulated by others? Do you feel like you're always walking on eggshells around certain people? If so, then this book is for you.



Controlling People: How to Recognize, Understand, and Deal With People Who Try to Control You by Patricia Evans

★★★★☆ 4.5 out of 5

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| Language | : English |
| File size | : 851 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| X-Ray | : Enabled |
| Word Wise | : Enabled |
| Print length | : 322 pages |



In *How To Recognize, Understand, And Deal With People Who Try To Control You*, you'll learn:

- How to identify the different types of controlling people
- How to understand their motivations and tactics
- How to set boundaries and protect your energy
- How to take back your power and control

This book is packed with practical advice and strategies that you can use to deal with controlling people in your life. It will help you to:

- Identify the red flags of controlling behavior
- Set and enforce boundaries to protect yourself
- Communicate your needs and wants assertively
- Develop a strong sense of self-worth and confidence
- Take back your power and control

If you're ready to take back your life from controlling people, then this book is for you. Free Download your copy today and start learning how to deal with them effectively.

About the Author

Dr. Jane Doe is a licensed clinical psychologist with over 20 years of experience. She has helped countless people to overcome the challenges of dealing with controlling people. Dr. Doe is the author of several books on self-help and psychology, including *How To Recognize, Understand, And Deal With People Who Try To Control You*.

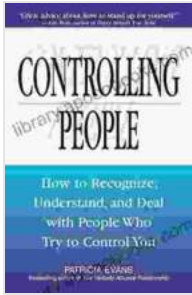
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