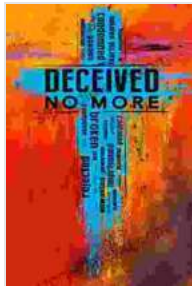


Deceived No More: Breaking Free from Manipulators and Narcissists



Deceived No More by Lori Thomas

★★★★★ 5 out of 5

Language : English

File size : 10235 KB

Screen Reader : Supported

Print length : 75 pages

Lending : Enabled

Paperback : 138 pages

Item Weight : 14.9 ounces

Dimensions : 8.5 x 0.33 x 11 inches



If you're struggling with someone who manipulates, gaslights, or takes advantage of you, you're not alone. Millions of people are in similar situations, and it can be incredibly difficult to break free from these toxic relationships.

In her groundbreaking book, *Deceived No More*, Lori Thomas offers hope and practical strategies for breaking free from manipulators and narcissists. She draws on her own personal experience, as well as the latest research on toxic relationships, to provide a roadmap for recovery.

Thomas begins by helping readers to identify the signs of manipulation and narcissism. She then provides a detailed explanation of the psychological dynamics that drive these behaviors. This understanding is essential for developing effective strategies for breaking free.

Thomas also provides practical advice on how to deal with manipulators and narcissists in everyday situations. She covers topics such as:

- Setting boundaries
- Communicating effectively
- Protecting yourself from emotional abuse
- Healing from the trauma of manipulation

Deceived No More is an invaluable resource for anyone who is struggling with a toxic relationship. Thomas's compassionate and practical advice can help you to break free from these harmful patterns and build a healthier life.

Praise for *Deceived No More*

"Lori Thomas has written an essential guide for anyone who has ever been manipulated or deceived. Her insights are sharp, her advice is practical, and her empathy is palpable. This book is a must-read for anyone who wants to break free from a toxic relationship and reclaim their life." —**Dr. Ramani Durvasula, clinical psychologist and author of *Should I Stay or Should I Go?***

"Finally, a book that speaks to the unique challenges of being in a relationship with a manipulator or narcissist. Lori Thomas's compassionate and evidence-based approach will help you to understand these toxic dynamics and break free from their grip." —**Dr. Elinor Greenberg, clinical psychologist and author of *Free Downloadline, Narcissistic, and Schizoid Adaptations***

About the Author

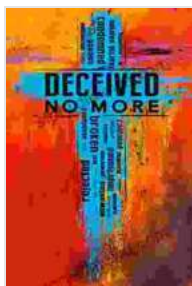
Lori Thomas is a licensed clinical psychologist and certified forensic interviewer. She has over 20 years of experience working with victims of manipulation and abuse. She is the founder of the Thriving Institute, a non-profit organization that provides support and resources to victims of toxic relationships.

Free Download Your Copy Today

Deceived No More is available in paperback, hardcover, and ebook formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your local bookstore.

Free Download now on Our Book Library

Free Download now on Barnes & Noble



Deceived No More by Lori Thomas

★★★★★ 5 out of 5

Language : English

File size : 10235 KB

Screen Reader : Supported

Print length : 75 pages

Lending : Enabled

Paperback : 138 pages

Item Weight : 14.9 ounces

Dimensions : 8.5 x 0.33 x 11 inches

FREE

DOWNLOAD E-BOOK





Demystifying AI's Challenges and Embracing its Promise: A Comprehensive Guide to Artificial Intelligence Problems and Their Solutions

In the rapidly evolving realm of Artificial Intelligence (AI), the pursuit of advancements brings forth a multitude of challenges. This article aims...



How America's Most Popular Sport Is Just Getting Started: Witness the Thrilling Evolution of Baseball

Baseball, the quintessential American pastime, has captivated generations with its timeless appeal. But what many don't realize is that this beloved sport is...