

New Way to See Dark Psychology & Manipulation

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2026-07

Synopsis

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inLanguage	english

Do you often blame yourself when things go wrong? Do you constantly defer to people who you think are smarter or more influential? If so, then you might be dealing with some manipulative people in your life.

Manipulative people pull others down. They chip at your self-confidence and create insecurity. They use you to achieve their goals or put themselves in a good light. Manipulative people will stop you from achieving your dreams. From gaslighting to manifestations of rage to enforcing non-existent contracts, manipulative people have many tricks up their sleeves.

Unfortunately, by tolerating it, you've given someone permission to treat you like this—now it's time to revoke that permission. When you understand why people manipulate others and recognize the signs of manipulation, you'll be able to stop these people in their tracks.

You can set healthy boundaries. You can stand up for yourself. You can change your story. It's time to fight back. This book will arm you with everything you need to do it.

Inside *A New Way to See Dark Psychology & Manipulation*, discover how to:

- Spot manipulation tactics.
- Deal with narcissists and avoid toxic relationships.
- Resolve issues in your life with ease.
- Remain positive and develop a growth mindset.
- Regain control over your own mind.

This book will give you the practical tools you need to break free of a cycle of manipulation. When you know why and how people manipulate others, you'll no longer be their target. You're smart, capable, and savvy. When you're able to exude these qualities, manipulative people won't touch you with a 10-foot pole. If your life has gotten off track, *A New Way to See Dark Psychology & Manipulation* will put you back in the driver's seat!

Reader's comments

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