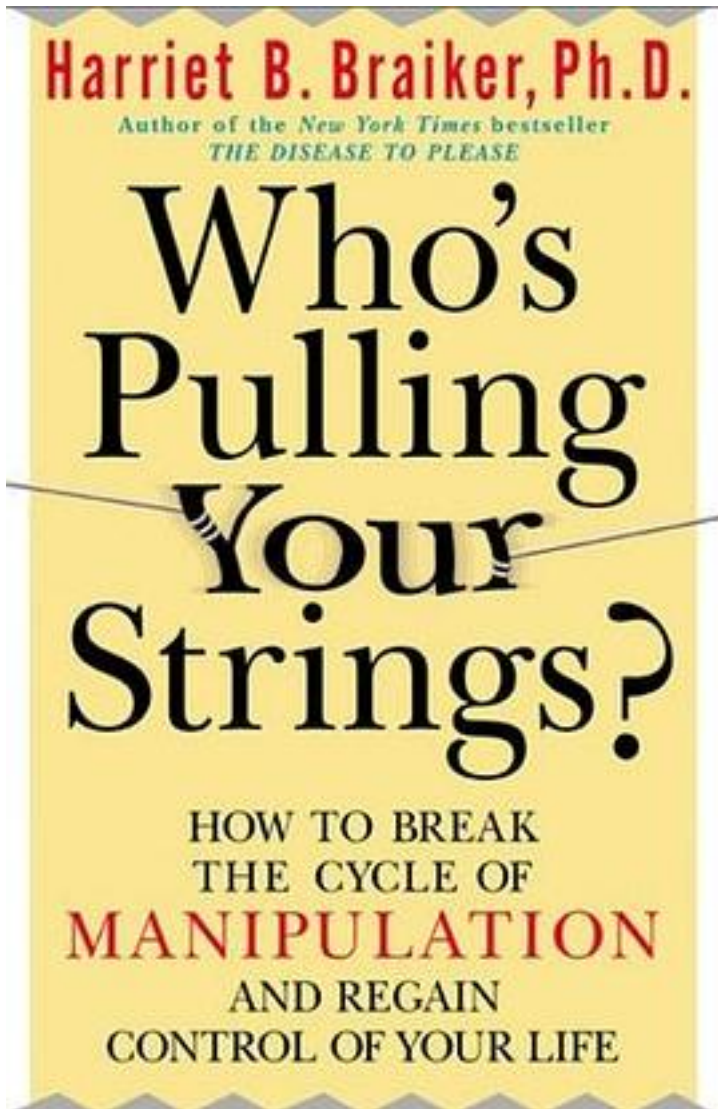


Who's Pulling Your Strings?: How to Break the Cycle of Manipulation and Regain Control of Your Life



[Who's Pulling Your Strings?: How to Break the Cycle of Manipulation and Regain Control of Your Life_下载链接1](#)

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A self-empowering plan for anyone who wants to stop being manipulated by others~In Who 's Pulling Your Strings?, Dr. Harriet B. Braiker, New York Times bestselling author of The Disease to Please, expla

作者介绍:

目录:

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标签

self-help

Psychology

方法论

心理学

Tool

Emotion

评论

技巧确实有效果但不是长久之计。有求于别人才会受制于别人，明白这一点那么一切就迎刃而解了。

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书评

那么，为什么有人这么容易被操纵，操纵者会利用你的哪些弱点来控制你呢？
你的性格存在哪些弱点： 弱点之一： 你想讨人欢心--拼命讨人欢心的习惯和心态
如果你不幸有"讨人欢心"的心态，那么，你和他人的关系就不会那么简简单单了。你不是偶尔答应别人的请求，也不是偶尔为...

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