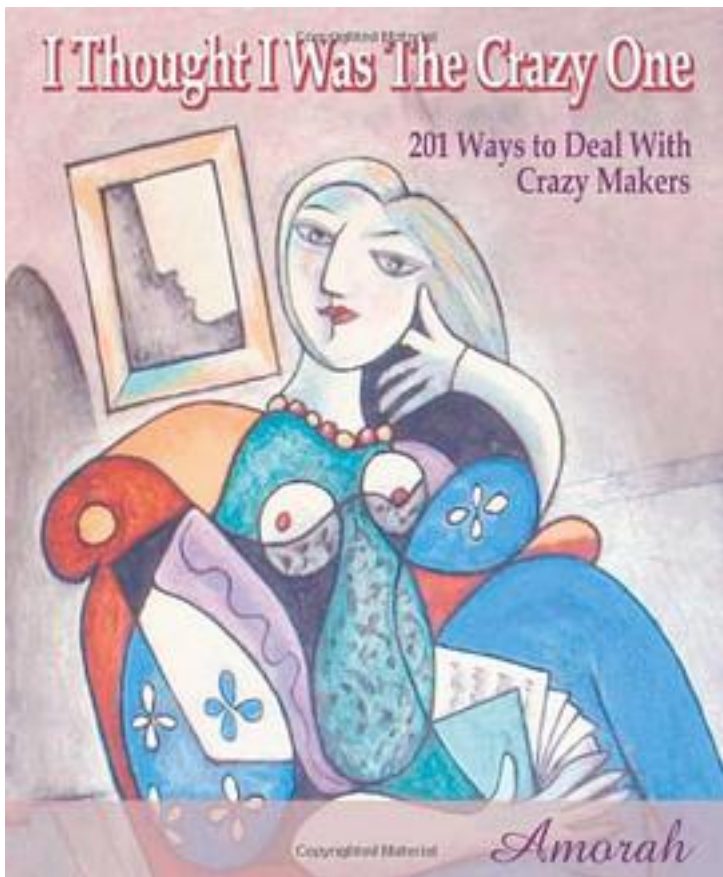


# I Thought I Was the Crazy One



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Toxic personality traits are found in over half of all spouses, partners, or intimates, leading them to demand much, give little, and treat others shabbily. These traits are identified and targeted in this relationship guide. Helpful advice includes how to parent oneself, how to nurture the soul, and how to move toxic people toward learning the consequences of unacceptable behaviour. This holistic approach provides a fresh

perspective on dealing with personality disorders and rebuilding the self-esteem that gets destroyed by those toxic people.

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