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friend, or someone at the workplace,  
these "toxic" relationships can erode

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your self-confidence and self-esteem,  
and have a strong, negative effect on  
your ability to perform well at home  
and at work.

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sometimes find the conversations I  
have with clients exciting, especially  
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customer will call me up and ask "How  
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people both men and women can become involved in relationships with manipulators people who control through emotional manipulation insults and mind games these toxic relationships erode self esteem and make life miserable for the

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help of selfassessment quizzes, action plans, and how-to exercises, she helps you recognize and end the manipulative cycle for good.

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essential information on how to act in  
sadly a bullying situation that I had  
remained in for years. I strongly  
believe in personalities being the  
primary cause of most relationship  
discord and not the symptoms, i.e.  
money, honesty, lack of sex, etc. that  
gets named as cause by most.

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