



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

*Harriet Braiker*

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

Harriet Braiker

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

**A powerful program to stop manipulators in their tracks**

In *Who's Pulling Your Strings?*, Dr. Harriet B. Braiker, *New York Times* bestselling author of *The Disease to Please*, explains how depression, low self-esteem, anger, and feelings of helplessness can be caused by relationships with manipulative people. She exposes the most common methods of manipulators, and with the help of self-assessment quizzes, action plans, and how-to exercises, she helps you recognize and end the manipulative cycle for good.

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