

[PDF] The Gaslight Effect: How To Spot And Survive The Hidden Manipulation Others Use To Control Your Life

Dr. Robin Stern - pdf download free book

Books Details:

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Author: Dr. Robin Stern

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Description:

Review "The Gaslight Effect is a book that shifts the paradigm for relationships. It is both a sobering reality check and an inspiring push towards more honest, supportive, and equal partnerships. Dr. Stern brings clarity to nuanced social dynamics that often leave even the smartest among us stumped and sad. It will undoubtedly change lives." -- *Courtney Martin, author of Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body*

"The Gaslight Effect" is a powerful guide and manual that fully articulates and explains the repercussions of underhanded manipulation in personal and professional relationships. Stern is an expert and storyteller who weaves a compelling narrative. -- *Sylvia Ann Hewlett Economist, Author President of the Center for Work-Life Policy*

Dr. Robin Stern has had the wisdom to eloquently shine a light on an all too often missed kind of emotional abuse. She addresses what she calls the "gaslight effect" in relationships with sensitivity, compassion, and practical tools for dealing with the gaslighter as well as giving encouragement and hope to those caught in such a situation. I have no doubt this book will positively change many lives. -- *Linda Lantieri, Collaborative for Academic, Social and Emotional Learning (CASEL)*

Robin Stern's book *The Gaslight Effect*, is a gift to those of us who aspire to living skillfully, compassionately and with presence. I recommend it to everyone who needs a compassionate and practical voice of wisdom to show them a way out of a dysfunctional relationship. -- *Craig E. Richards, Ph.D. Director, Summer Principals Academy, Teachers College, Columbia University*

The Gaslight Effect is more than a book for women being victimized by covert abuse and manipulation. It actually should be called, "Life-Light: How to Infuse Your Life and Relationships with Self-Respect, Dignity, and Ethical Leadership". -- *Maurice J. Elias, author, Emotionally Intelligent Parenting and Raising Emotionally Intelligent Teenagers*

"...Offers a socially intelligent method to spot and counter emotional abuse. ... lights a way out of a dark side of relationships."
-Daniel Goleman, author of *Social Intelligence*

"...like a sturdy, truth-telling friend in difficult times. Stern will show you you're not alone in your toxic relationship..."
-Rachel Simmons, author of *Odd Girl Out: The Hidden Culture of Aggression in Girls*

"...a powerful guide and manual that fully articulates and explains the repercussions of underhanded manipulation in personal and professional relationships."
-Sylvia Ann Hewlett, economist, author, and president of the Center for Work-Life Policy

"...eloquently shine[s] a light on an often missed ... emotional abuse... I have no doubt this book will positively change lives."
-Linda Lantieri, Collaborative for Academic, Social and Emotional Learning (CASEL)

"Dr. Robin Stern is one of the world's wisest women. There's much to learn from her."
-Erica Jong

"...therapist Robin Stern takes her readers on a journey that will help them take control of their lives and destinies."
-Phyllis Chesler, Ph.D., author of *Women and Madness* and *Woman's Inhumanity to Woman*

"Her strategies for "turning off the gas," ... are practical and sound, emphasizing improving self-esteem and visualizing out-comes. ... strongly recommended."
Library Journal, 4/1/07

About the Author

, has been a therapist for more than twenty years, specializing in issues of emotional abuse and psychological manipulation. She has been a keynote speaker at universities, and consults to schools, corporations, and nonprofit organizations. She teaches at Hunter College, Teachers College, and Columbia University and is also a leadership coach for faculty. She is a founding member of the Woodhull Institute for Ethical Leadership. She currently maintains a psychotherapy practice in New York City, where she lives with her husband and two children.

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