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Covert emotional manipulation tactics are underhanded methods of control. Emotional manipulation methodically wears down your self-worth and damages your trust in your own perceptions. It can make you unwittingly compromise your personal boundaries and lose your self-respect, and even lead to a warped concept of yourself and of reality.

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Writer of the 30 Covert Emotional Manipulation Tactics: How Manipulators Take Control in Personal Relationships By Adelyn Birch is very smart in delivering message through the book. There are some stories that are showed in the book. Reader can get many real examples that can be great knowledge. It will be wonderful.

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February 17, 2019 By Lucio Buffalmano. 30 Covert Emotional Manipulation Tactics (2015) covers the manipulation tactics that sociopaths,

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Covert emotional manipulation occurs when a person who wants to gain power and control over you uses deceptive and underhanded tactics to change your thinking, behavior and perceptions. Emotional manipulation operates under the level of your conscious awareness. It holds you psychologically captive. Victims usually don't realize what's going on while it's happening.

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