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Toxic Relationships How to Regain Lost Power in Your Relationship

By Kimberly J. Brasher

A Better Life Publishing Co., LLC. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.3in. x 5.5in. x 0.5in. An eye-opening look at relationships in our lives that cause us pain and frustration with a spouse, in-law, parent, sibling, or a controlling toxic boss! Relationships that are Toxic also create stress for the non-toxic partners. After more than a decade of research, this book defines through real life cases and examples a personality type that is controlling, dominant, self-absorbed, insensitive, and lacking trust, etc. to the point of being toxic or poisonous to the relationship. After defining the personality type, this book shows how to take back the controls you have surrendered in the relationship, through Empowerment Skills, and by doing so, make YOU and your relationship stronger and healthier. There's also a Relationship Test to determine how Toxic your relationship is to you. You can learn how Toxic people become Toxic, and most important. . . how you can spot this personality type in the future so that you can avoid Toxic Relationships in your future. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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