

# [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

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**Books Details:**

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Author: Dr. Robin Stern

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## Description:

**Review** "...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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