

"[Dr. Harriet Braiker's] rules for life alterations are based on common sense: laughter, exercise, and relaxation. No jargon here, just a clearheaded route to mental health."

—*Booklist*

Lethal Lovers and Poisonous People

**HOW TO PROTECT
YOUR HEALTH FROM
RELATIONSHIPS
THAT MAKE
YOU SICK**

HARRIET B. BRAIKER, PH.D.

Resumo de Lethal Lovers and Poisonous People: How to Protect Your Health from Relationships That Make You Sick

ARE YOU INVOLVED IN A TOXIC RELATIONSHIP? The symptoms vary from stomach pains to blinding headaches, from chronic backaches to severe colds; The causes are varied; from a spouse who is withdrawing sexually, to a parent who is overly critical, to a lover who "isn't ready" to commit, to a boss who is abusive. There are periods of stress in every relationship, but psychological studies reveal that some relationships can reach poisonous levels of toxic emotions; and that our response to these stresses can be harmful to our emotional and physical health.

Are you involved in such a relationship? If so, what can you do about it? Lethal Lovers and Poisonous People shows you!

[Acesse aqui a versão completa deste livro](#)