

**Harriet B. Braiker, Ph.D.**

Author of the *New York Times* bestseller  
*THE DISEASE TO PLEASE*

# Who's Pulling Your Strings?

HOW TO BREAK THE CYCLE OF  
**MANIPULATION**  
AND REGAIN CONTROL OF YOUR LIFE

# Resumo de Who's Pulling Your Strings?: How to Break the Cycle of Manipulation and Regain Control of Your Life: How to Break the Cycle of Manipulation and Regain

A powerful program to stop manipulators in their tracks In Who's Pulling Your Strings?, Dr. Harriet B. Braiker, New York Times bestselling author of The Disease to Please, explains how depression, low self-esteem, anger, and feelings of helplessness can be caused by relationships with manipulative people.

She exposes the most common methods of manipulators, and with the help of selfassessment quizzes, action plans, and how-to exercises, she helps you recognize and end the manipulative cycle for good.

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