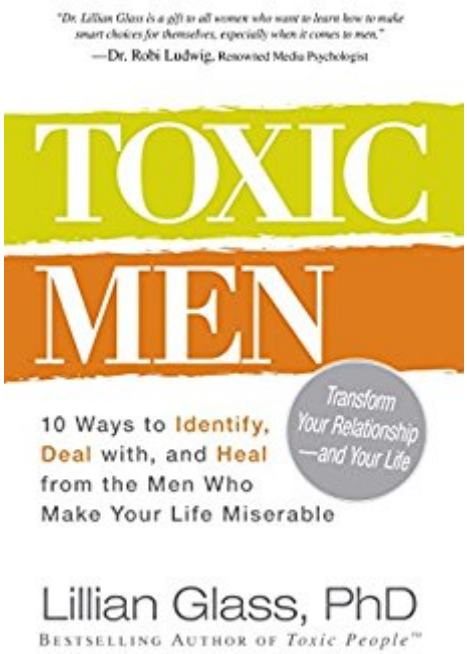
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Toxic Men: 10 Ways To Identify, Deal With, And Heal From The Men Who Make Your Life Miserable



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Synopsis

Know Thine Toxic Man.Toxic men come in all shapes, sizes, and dysfunctions. The trick is to know one when you see one--and how to deal with him. In this book, bestselling author and therapist Dr.Lillian Glass shows you how to identify toxic men, and gives you the specific tools you need to avoid them when you can--and handle them effectively when you cannot. This groundbreaking look at toxic men and the women who are involved with them offers a three-part approach:Part One: 10 types of toxic men, from the "Sneaky Passive Aggressive Silent But Deadly Erupting Volcano" to the "Instigating Backstabbing Meddler"Part Two: 10 ways to deal with toxic men, including the "Blow Out, Let It Go Technique" and the "Give Them Hell and Yell Technique"Part Three: How to heal after a toxic relationship, from getting professional help to making amendsWith Dr. Glass's profound yet practical advice, you can take charge of your life--and rid your relationships of toxic men once and for all. Whether you're struggling to date a decent guy or are already trapped in a toxic relationship, Dr. Glass gives you the answers you need to leave dysfunction behind--and find a man capable of a health, loving relationship.

Book Information

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Customer Reviews

But oh man if I had known every section had an anecdote with some lady's name and what " she" went through. I HATE those kind of books ,so unscientific and unhelpful; I don't care about so and so and her particular situation, plus how do we even know it was not Lillian's way of just creating a fake character to explain something (there were a few " real" people, some celebrities were used as examples)She had some good info on what makes a toxic man, and what to look for but she lost me with the huge chapter on how to communicate with a toxic man and make it work? And a section on ways to speak out and ask all these questions such as when have you lost your temper etc.. Really?? So lets see , a toxic narcissist will honestly explain when he has gotten angry. And a sociopath con man will explain his past too. It was inconsistent with helping people be strong about knowing and dealing with toxic men, and then , what... awwww, going back with them if they say the right things? That is what toxic people are good at! saying the " right" things. Yes there were sections on reading body language too, but the narcissist I was with did not show any of the body language traits she suggested.There are much better websites that talk to women about the signs , the risks and dangers and how to just get out immediately with NO contact.And I know there are some men here who think this is bashing men. No , it is not bashing men. There are female narcissist and users too and Lillian (and websites I have seen) make this clear. Sadly the majority of the abuse is men doing this to women because , come on, men are generally speaking yes, I know, to be more assertive/aggressive and women yes again generally speaking , tend to be more of the caregivers or not as aggressive or taught to even trust our own instincts or feelings! This is not to bash men and Lillian has a whole section on good men. I have a wonderful batch of men in my life!! I agree, many many are wonderful! Most , even. This is to teach sensitive women how to recognize their patterns and tendencies and how to recognize and either avoid or get out of toxic relationships. And like I said before, unfortunately she has the section on possibly staying....really ?? again, that was worrisome and made me not trust her advice too much. Some sections were good lessons.

This book well enable healing to begin if you have been with a sociopath or any of the other toxic men written about in this book. I was with a sociopath for 10 years and did not even know it!! They are very clever. I felt worse and worse as the years went by until the I discovered everything. Now after almost two years I am getting better and better and stronger and stronger. It takes time but this book helped in my recovery. I am still on this road. Good luck to all who are on this same journey. NEVER GIVE UP ON YOURSELF! NEVER!

Glass introduces you to the major types of toxic men, why we’re attracted to them and guides you through a series of thoughtful exercises to help you pull yourself away from them. Although I don’t agree with her recovery plan, the greatest part of this book is the list of ’dig deeper’ questions. I use them in dating to detect red flags early.

If a man is ever made you miserable in a relashionship, this book is DEFINITELY worth a read. I originally borrowed it from a public library and had to returned, I felt I might need to read it again hence I bought it. I got a lot of useful information out of this book. I highly recommend it!

Ok advice

Needless to say we all run into people from time to time who are just too toxic to be around or have in our lives. This book covers the gamut of the various types of toxic men, and profiles each one with lots of detail. I bought this book with other books on boundaries. I highly recommend it.

This book was so good I ordered 2 for friends. It should have been called "Toxic People." Worth the money!

This can be a lifesaving book.....and was for me!Helps you recognize no-win "relationship"...The toxic person is not necessarily bad...or "toxic" on purpose, or to anyone else....but doesn’t "mix" well with you.Get Ooooooooooooouuuuuut

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Mindful and Stress Less: 50 Ways to Deal with Your (Crazy) Life Weed Out The Users The Couch Potatoes And The Losers: Expose And Dump Toxic Men In Your Life (Relationship and Dating Advice for Women Book Book 17) Nutrient Power: Heal Your Biochemistry and Heal Your Brain Dating Deal Breakers That Drive Men Away: 12 Relationship Killers That Ruin Your Long-Term Potential with High-Quality Men How to Heal Toxic Thoughts: Simple Tools for Personal Transformation Cyberbullying: Deal with it and Ctrl Alt Delete it (Lorimer Deal With It) Procrastination: Deal with it all in good time (Lorimer Deal With It) Teasing: Deal with it before the joke's on you (Lorimer Deal With It) Generation Me - Revised and Updated: Why Today's Young Americans Are More Confident, Assertive, Entitled--and More Miserable Than Ever Before Young, White, and Miserable: Growing Up Female in the Fifties Two Miserable Presidents: The Amazing, Terrible, and Totally True Story of the Civil War My Miserable Lonely Lesbian Pregnancy How to Be Miserable: 40 Strategies You Already Use

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