



# Emotionale Erpressung: Wenn andere mit Gefühlen drohen (German Edition)

*Susan Forward, Donna Frazier Glynn*

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"Wenn du das tust, ist es aus mit uns." – "Du darfst mich nie verlassen, alleine schaff' ich das Leben nicht!" – "Wenn du dich von mir scheiden lässt, siehst du deine Kinder nie wieder." – "Ich will doch nur dein Bestes!"

Wer mit Gefühlen unter Druck gesetzt wird, kann sich nur schwer wehren. Schließlich steht die gute Beziehung auf dem Spiel. Doch gehören immer zwei dazu – wir entscheiden selbst, ob wir die Erpressung zulassen. Die renommierte Therapeutin Susan Forward veranschaulicht mit zahlreichen Fallbeispielen, wie die emotionale Manipulation funktioniert und wie wir uns daraus befreien können. Ein unentbehrlicher Ratgeber für alle, die sich in Zukunft erfolgreich vor dem 'sanften' Druck von außen schützen wollen.

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