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Sociopath: The - Sociopath - Laid Bare: Sociopathy, Antisocial Personality Disorder, ASPD (Psychopath, Personality Disorders, Mood Disorders, ... Health, Mental Illness, Passive Aggressive)

Carol Franklin

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The term sociopath is often used to describe a psychopath; even in medical circles these two terms are regularly interchanged. Although they are both types of antisocial personality disorders and share many characteristics, there are also some key differences. Whether you have thought about it before or not, it is highly likely that someone you know has sociopathic tendencies and can be defined as a sociopath. It is exceptionally difficult to get a doctor to confirm a diagnosis of sociopathy as this can lead to stereotyping and even prejudice; on top of this it is highly unlikely that a true sociopath will see anything wrong with themselves and seek medical help. Even if they become aware of this element of their personality they will simply find it of interest and move on. The book will help you to understand what a sociopath is and how the term originated. It will also provide you with the following information which is key to protecting yourself from the negative influences a sociopath can have on your life, this includes manipulating you and emotionally breaking you down: • Learn what characteristics indicate that someone is a sociopath • Understand the symptoms and how they manifest themselves. • Learn how to spot a sociopath and the best way to deal with them. The overriding advice is that, if possible, stay well away from a sociopath. However, for a variety of reasons this may not always be possible. If you find that you cannot stay away then it is essential that you use this book to understand the following issues: • How to live with a sociopath and not give in to their manipulative ways • Visualize the world through the eyes of a sociopath. Understanding their perspective will assist you in helping them and avoiding their manipulative methods. • Be aware that there are several treatment methods which have shown signs of success; even if only temporary. Learn what they are and how to apply the techniques to your loved one. • Finally it is essential to accept that there is no long term cure at present, instead you can use the variety of techniques described in this book to protect yourself and help your loved one when possible. It has been said that knowledge is power and in the case of a sociopath this is an exceptionally apt phrase. Make sure you are armed with the knowledge you need to deal with any sociopath; you may be surprised at just how often you come across one!

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