



I Thought I Was the Crazy One: 201 Ways to Identify and Deal with Toxic People

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Toxic personality traits are found in more than half of all spouses, partners, or intimates, leading them to demand much, give little, and treat others shabbily. These traits are identified and targeted in this relationship guide. Helpful advice includes how to parent oneself, how to nurture the soul, and how to move toxic people toward learning the consequences of unacceptable behavior. This holistic approach provides a fresh perspective on dealing with personality disorders and rebuilding the self-esteem that gets destroyed by those toxic people.



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