



People Games: The Ten Most Common Mind Games and Power Plays That People Play

Min Liu

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From the author of "Verbal Self Defense 101" and "The NEW Art of Being Right":

"Man is free the moment he wishes to be".

-Voltaire

In dealing and communicating with other people, we often fall prey to their power plays and mind games. "People Games" is a non-technical, easy to read guide to help you recognize when you are being manipulated by others in your social, family, business, or work interactions. We can be free from other people's power plays and mind games if we wish to be, and if we train ourselves to RECOGNIZE them.

A "power play" is a maneuver, usually verbal, that is used by a person to (i) manipulate another person to do something or (ii) avoid giving the other person what they want. This book will teach you how to RECOGNIZE such power plays being used against you, especially the most commonly used ones by other people, and also how to RESPOND to and DEFLECT such power plays.

You will learn how to extricate yourself from secret ploys, unclear motives, and shady maneuvers used by other people, and structure your interactions so that they are no longer clouded by such undesirable things. In doing so, you will be able to protect your personal boundaries, move towards more open and honest communication with other people, and be able to protect your own best interests.

Some of the power plays and mind games covered by "People Games" are:

1. Dominance/Submission
 2. Emotional Blackmail
 3. You Owe Me
 4. Playing the Victim
- ...and more

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Spent a free time for you to be fun activity to complete! A lot of people spent their sparetime with their family, or all their friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Can be reading a book is usually option to fill your totally free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the reserve untitled People Games: The Ten Most Common Mind Games and Power Plays That People Play can be great book to read. May be it might be best activity to you.

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