



Breaking the Chains of a Psycopath and a Sociopath: Learning How to Live Again

Ken Fisher

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Breaking the Chains of a Psychopath and a Sociopath is a book aimed at helping people recover from the terrible, horrific emotional and psychological turmoil that a psychopathic/sociopathic abuse situation may have brought in their lives. It will help listeners understand and process the experience and move on. Revenge on the abuser is impossible as well as unhealthy. You need to concentrate on looking after yourself.

Once you have honestly and objectively realized and identified that you are dealing with a psychopath or sociopath, whether in a relationship, at work, in a committee/organization or even in your own family, you must walk away from them and leave them for good. You should never be concerned about hurting them because psychopaths cannot be "hurt". To them, you are nothing but an object. If you are mourning "the good old days", remember that what you think you are missing is not the person but the persona.

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