

## **Psychopath Free (Expanded Edition): Recovering from Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People**

*Jackson MacKenzie*

[Download now](#)

[Read Online](#) 

# **Psychopath Free (Expanded Edition): Recovering from Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People**

*Jackson MacKenzie*

**Psychopath Free (Expanded Edition): Recovering from Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People** Jackson MacKenzie

**Have you ever been in a relationship with a psychopath? Chances are, even if you did, you would never know it. Psychopaths are cunning charmers and master manipulators, to the point where you start to accept the most extreme behaviors as normal...**

**Even if it hurts you.**

All around us, every single day, human beings devoid of empathy are wreaking havoc and destroying lives in the coldest, most heartless ways imaginable. In constant pursuit of money, sex, influence, or simple entertainment, psychopaths will do whatever it takes to gain power over others. They hide behind a veil of normalcy, arranging their friends and partners like pawns in a game of chess.

Using false praise and flattery to get what they want, they can lure *any* unsuspecting target into a relationship. Once hooked, their charming promises spin into mind games and psychological torture. Victims are left devastated and confused, unable to recognize—or even put into words—the nightmare that just took place.

This significantly expanded edition of *Psychopath Free* contains new chapters, updated content, and real survivor experiences. Written from the heart, it is the first guide for survivors written by a survivor, offering hope for healing and thriving after psychopathic abuse. Say goodbye to the chaos, self-doubt, and victimization. You are free.

*From the Trade Paperback edition.*

**Psychopath Free (Expanded Edition): Recovering from Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People Details**

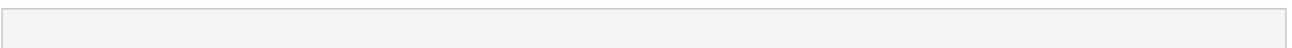
Date : Published September 1st 2015 by Berkley (first published March 20th 2013)

ISBN :

Author : Jackson MacKenzie

Format : Kindle Edition 284 pages

Genre : Nonfiction, Health, Mental Health, Psychology, Self Help



 [Download Psychopath Free \(Expanded Edition\): Recovering from Emo ...pdf](#)

 [Read Online Psychopath Free \(Expanded Edition\): Recovering from E ...pdf](#)

**Download and Read Free Online Psychopath Free (Expanded Edition): Recovering from Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People Jackson MacKenzie**

---

## **From Reader Review Psychopath Free (Expanded Edition): Recovering from Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People for online ebook**

**Jess Cruz says**

I'll be the first to admit that I usually see self-help books as a scam. I feel that they don't dispense new or insightful advice. And with this book, in particular, I was a little wary about the lack of scientific study and statistics. With that said, if you're looking for a book rooted in social experiments and actual data, you won't find it here. However, if you approach this book the way I did (as a vulnerable, post-break-up hot mess), you might be pleasantly surprised.

MacKenzie masterfully--although, at times, repetitively--strips away the connotation that all psychopaths (or anyone suffering from a Cluster B Personality Disorder) are going to end up on the front page of the Daily News. According to his claims, they walk among us. They're insidious. And they might be sleeping in your bed beside you.

When I related this book to my own relationship, half of the time, I wasn't sure if my ex-fiance was a psychopath or just a petulant child. At times, the line is so thin that it's indistinct. The truth of the matter is that the "Manufactured Soulmate" section is far too detailed to be a universal description of abuse at the hands of a psychopath (or narcissist, sociopath, etc.).

But where the book truly shined was the "Path to Recovery" and "Freedom" sections. I know that some claimed that the book, in general, was too repetitive. But as I was on my own path to recovery, I needed a reminder of certain affirmations (it wasn't my fault; do not maintain contact; empathy and kindness are strengths, not weaknesses; etc.). And because the book wasn't clinical and didn't throw statistics in my face, I felt like I was the recipient of hard truths from a wise friend. I was more open to seeing myself as a survivor rather than as a victim because of the tone and accessibility of the book.

So in all, I gave it four stars. I believe that it did make a difference in my life and in the way that I cope with grief. I've also learned from this book that I should embrace my feelings as they come instead of struggling against them. It's worth a read, especially if you suspect that you've intimately encountered a psychopath.

---

**Jo says**

I wish I could have read this book a year ago. The author basically told me my own story, and for the first time, I was able to REALLY hear it. The author is just a person, like me. Not a doctor or specialist of any kind- aside from honest experience. This was exactly what I needed. I feel more grateful than ever that the sociopath who tortured me only did so for a few months and never fully engaged me. I am proud and grateful for my status as a former transitional target! His horrific silence has become a tremendous gift. My recovery time could have gone so much faster and smoother if I'd had this book to guide me through it.

I highly recommend this book to survivors, their loved ones, and therapists who are working with abuse survivors. I believe that if someone had given me this book during my relationship, while I was still under his control, that it could have broken the spell. All I needed was a real friend to stand up to me and tell me I

deserved better than this sorry excuse for a man. My mother was the only one who really tried, but still I couldn't hear her at the time. :( The author said that many of my friends would start to fall away once I started to respect myself, and that has definitely been the case. But I don't mind, because I can see now how toxic (or just plain apathetic) those friendships were. This is a book I plan to reread at regular intervals, to remind myself of all the valuable lessons I have learned from the sociopath who used me for a quick high while grooming his next (more suitable) target. The most impressive of which is that I am too powerful for a sociopath to tame. :)

---

## **Becky Reed says**

The nightmare world of life with a psychopath finds voice in this marvelously knowledgeable work. During my own horrific ordeal where my idea of self was eviscerated as I struggled to work on a romantic relationship which forever morphed into varying shades of unreal moments, I found myself lost. Literally, “I was no more the one I used to be.”

Just as the author explains and delineates the route of a soul's terror, there is a tremendous sense of relief and genuine release from the reader's perspective. “It's not just me...something gut-wrenchingly terrible occurred.” Maupin wrote a fascinating piece called *The Night Listener* about a radio host who is pulled into a traumatic relationship based on lies and forever shifting sands of reality – all precipitating from his compassion and willingness to become involved to aid another. The feel of confusion so frighteningly colored in that novel well describes the world of the victim's consanguinity with a believed soul mate. Reason, logical applications, and normal connections ceased to exist viably in the twisted evil portrayed in a sychophantic dance with a psychopath.

This book gently and with sympathetic consciousness full of empathy for the anguish of victims, travels a course from A to B with all the emotional and spiritual stops along the way. The author shares from the site, *Psychopath Free*. The hopeful purpose of the writing is to alleviate that sense of being ruined and unable to find one's way that victims of psychopaths feel amidst the angst and chaos of constantly unstable actuality. It succeeds.

The body of this work includes “The Manufactured Soul Mate/ Personalized Grooming/Identity Erosion/The Grand Finale” and a freshly comprehensive Stages of Grief/ Devastation/Denial/Education & Self-Doubt/Understanding the Psychopath/Delayed Emotions/Complex PTSD/and the Loss of Innocence. A section I had never before considered, rang true for me, opening an understanding of my own experiences: the transitional target, characterized by the “sudden discard out of nowhere.”

There is hope...there is a process of healing and recovery...there is an understanding of summarized camaraderie of survivors...and there exists kindred spirit of comprehension of a horror that only those falling down this particular “rabbit hole” can utterly grasp. *Psychopath Free* is only one of many excellent sites where souls have connected to heal, share stories, reach for understanding and friendship. As the book closes, the author writes: “But above all, I love that adversity has introduced me to some of the most incredible human beings this world has to offer.”

~Becky Reed of Montana

---

## **Prathik M says**

I read this book to get an insight of why psychopaths do what they do, but this unscientific book, filled with unproven, baseless things like angel, spirit, guard etc.. I wouldn't recommend it to anyone. I am giving a harsh review for this because these people are taking advantage of the vulnerable too by perpetrating this nonsense and making money out of it, the very thing that they claim psychopaths do, take advantage of the vulnerable. After reading "You Might Be a Narcissist If.." by Paul Meier, who is an actual doctor, this book seemed like one of those ridiculous make you feel good books that don't contain solid fact. However I did like one article in the book written by DawnG.

---

## **Kimberley Jacobs says**

Such a great book. I always felt like the "crazy person" in my relationship.. to the point I wanted to die. Nobody really ever saw the psychopath side of my partner until it was almost too late. There are so many people out there who are suffering in these same situations and this book helped me realize I am not the loser.. I am valuable... and people who truly love others do not make them feel worthless and could never discard them so easily. I do struggle with "no contact"... this book helps me realize that no matter what, the cycle won't end unless I end it... that I was very much in love with someone who could never love me back.. and it's time for me to let that go and accept it.

---

## **Kyle Nicholas says**

I loved this one for several reasons:

1. The gentle approach by the author is less technical, less judgmental and more healing than many self-help/psychology books. You won't find much in the way of numbers, statistics and studies; look elsewhere for that.
  2. I listened to the audiobook version of this title. The narrator is so wonderful, I got tingles listening to him (read: ASMR.) I think I'll listen again to this audiobook soon as stress relief! (Especially because society "out there" tends to be less inclined toward the empathetic and more towards rewarding the psychopathic. In fact, I was verbally assaulted for being a disabled gay man on the bus before listening to this audiobook. I felt immensely encouraged and supported by this book. The narrator's soothing, whispery reading made everything better!)
  3. The author is gay. This really spoke to me because I've felt a lot of his pain growing up and trying to live "out" in the real world. However, this book isn't specifically for the LGBT universe; he takes great care to be inclusive and give examples that are not specific to any one group (ie.: doesn't demonize men or focus only on heterosexual couples.) \*Anyone\* can be a psychopath/cluster B personality. This book is designed to help people heal from their pasts, not condemn.
-

## **MaryKay Keller says**

WOW! Everyone should give a copy of this book to their teens. Not everyone is your friend! It's okay to be choosy about who you spend your time with and when you meet someone with these qualities keep them out of your life.

---

## **Mandie Kok says**

This is a really good guide to abusive relationships with psychopaths, sociopaths and narcissists. For those who have never considered that their partner might be suffering from a personality disorder, this could very well provide you with the answers you have been seeking.

My abusive ex told me I was stupid (in far less polite terms) for falling for his lies (again, I'm cleaning up his language) and that he is a sociopath. He feels no empathy, no guilt, no remorse, he feels nothing for me, our entire 7 year relationship was a pretense, our engagement was a sham, he'd been faking everything since the day we met and he's tired of faking it with me. In fact, he hates me. Although he expressed that sentiment with more fervor. After the break-up, I mulled over what he'd told me.

I started reading this book and it might as well have been a case study of our relationship. Every inexplicable thing that he ever did was in here. I cannot say that he is a sociopath, or a psychopath, but the fact is that he treated me the same way a psychopath would treat a partner. That knowledge is enough for me to stand firm in never contacting him again.

Of course, he sent me an email three weeks after the break-up to remind me how much he hates me. Reading his messages from the perspective that he's suffering from a personality disorder (my money is actually on BPD), I interpreted that as an attempt to draw me back in ("hoovering", survivors of abuse call it). Under previous circumstances I might have fallen for it, questioning what I ever did to inspire hatred in him, when he was the one who lied and cheated and abused me. Knowing what I know now, I can only laugh at his transparent attempts to take advantage of my kindness and empathy.

This is a very empowering book for victims of abuse and I can recommend it. It is not only targeted at those who escaped abusive relationships, it can also function as a guide to spot warning signs in new relationships.

---

## **S. Davis says**

All I can say about this book is that I was in a downward spiral into the darkest depression, questioning my sanity, my logic/reasoning abilities, what I saw with my own eyes and what I heard with my own ears, until I listened to it.

When I wasn't using my self-defense mechanism of denial, my life and mind were in constant turmoil.

For my own sanity and a consuming need for encouragement/distraction, I would search the Internet for books about toxic people, Narcissists, and manipulators.

Psychopath Free came up on Amazon.com and all I read was the synopsis, her intro & the 30 Red Flags.

I was stunned. It was like reading my own mental red flag inventory.  
I went straight to my audible app & bought the audiobook.

Since then, I've read many books like this one and I am now very aware of people I know.

People who are supposed to love me.

I'm seeing a therapist as a result of the PTSD, emotional abuse, and many other manifestations of their abuse.  
The abuse I didn't even know was abuse.

I'm still healing. My heart is still broken, but I know now (in the surest way) that everything I questioned, felt, or suspected was valid.

When I'd been told everything was my fault for being sensitive, or crazy, instigator, "like to fight," etc. and He had me believing this nonsense.

I've never liked to fight. And he either knows it or he truly thinks my way of communicating is always critical and confrontational.

Somehow, my carefully-constructed, sincere, & humble attempts to address something I thought was damaging our family or relationship, were met with exasperation, amusement, sarcasm, outrageous lies, cruelty, character attacks, and silent treatment.

It didn't take much for him to accuse me of fighting.

He was a serial provoker and patronizer.

I hate to say all of this on good reads, but my poorly worded review and disjointed thoughts may hit home with another reader who felt the way I did in my marriage. If so, read this book.

And Divorcing a Narcissist, Mr. Unavailable and the Fallback Girl, and The No-Contact Rule.  
These are a few of the many books I've read on the subject, but have been the most relevant, straightforward, and contained advice that actually made me stronger. Strength was one of the first things I desperately needed.

When you are ready to start improving yourself despite that urge to lay down and die, read everything you can by author Bruce Bryan's.

Not only is his dating advice and insight to our roles and natures as men and women, but he gave me the most help rebuilding my god-given right to setting personal boundaries...something missing from every relationship I had, whether brother, mother, child, or husband.

BRUCE BRYANS - DON'T FORGET.

---



## **Brittany says**

Wow the intro had so much I could relate to it was scary. zyhe manufactured soul mate was both frightening and fascinating. Having ended my relationship and feeling free from it Already, a lot of the rest of the book didn't speak to me as much but did make me immensely glad that I am not feeling hung up on a psychopath. A lot of great tips and advice if you every come Across one of these toxic types. I highly recommend.

---

## **Allie says**

Having unknowingly befriended my share of sociopaths and narcissists in life, this book really speaks to me. I wish I had had it to guide me in the aftermath of those friendships, but even now, the tips for recovery are so helpful to me. Though the focus is on sociopaths in romantic relationships, most of the insights in this book can apply to non-romantic situations and situations with narcissists as well. My only issue is that the author describes psychopaths, sociopaths, and narcissists as "demon," "not human," and pure evil, and his/her theology (it's not exactly a theology, but I'm not sure what else to call it) doesn't really add up as a result. But I know that we are all having a tough time trying to integrate the existence of sociopathy into our worldview and our concept of humanity, so to me it is OK that the author isn't there yet, and if any of us are, **THAT IS AMAZING AND I AM DYING TO HEAR WHAT YOU HAVE TO SAY**. Overall this is one of the best resources I have read for people who are healing from encounters with sociopaths/narcissists. It is written in a kind, caring voice; it gives wise, practical advice; and it is super precise and enlightening in all of its descriptions. It frames everything in a way that helps you to come to terms with what happened and guides you in what you can do to move forward. It also prepares you for potential challenges in the recovery process. I learned a lot and reflected a lot on my relationships and the relationships of friends who have been through these kinds of experiences, and I will keep referring to it and try to apply its insights in the months to come.

---

## **Jennifer says**

Admittedly, I picked this up to support a fellow Derryfield alum (Go Jackson!). I didn't expect it to speak to me since I have not (to my knowledge) dated a psychopath or anyone with a personality disorder. After reading *Psychopath Free*, it became clear that this book is not just about recovering from dating a psychopath. This book is about human relationships, empathy, and self-preservation. It's about protecting yourself from toxic relationships and forgiving yourself when you fall apart. I recommended it to a friend because she's been struggling to find post-break up answers after years of dating someone she now suspects is a sociopath. She immediately loved it and felt validated. Since these personality disorders are so common, this book is important not only for survivors of this type of abuse but for people in general to be equipped with the skills to help people through the agony. I feel like I'm now more capable of helping a survivor, even if that just means giving space and time to work through the ridiculous reality they've suffered. I'd imagine this is a key resource for anyone in the aftermath of a relationship with a person with a personality disorder, but it's also a great book for anyone looking to reflect on their own personality, relationships, and strengths.

---

## **Em says**

I purchased this book because I had a recent conflict with a psychopath in my life and I wanted some clarity. While this book does provide some clarity, I can't say it was necessarily the best book for my needs. I might have been a little upset when I made the purchase because I usually don't make poor purchases like this.

The book draws largely from the author's experiences and provides a casual account of the author's experience starting a website support group for people who have dealt with psychopaths. The author does not in any way purport to be an expert in social dynamics, but I still felt a little misled, as I didn't get what I thought I was buying. I suppose I should have read the sample. Just goes to show: reviews on Amazon are not an accurate gauge.

\*aHem\*

The book concentrates on recovery from romantic relationships with psychopaths. Even though my experience was not a romantic one I was able to take the bones of the book and apply them to my situation, but I still wouldn't recommend this book, as it lacks citations cohesive action plans and research. It is a horribly repetitive exercise in naval gazing, but the author means well, so it is hard to trash the book altogether. Let's just say it isn't a success, and leave it at that.

---

## **Amy says**

I think everyone should read this book, even if they have not personally been in an intimate relationship with a Psychopath. With the high percentage of the population that have Cluster B disorders all people have been in contact with at least one, even if they haven't been personally affected, yet. It is educational, but also personal. It put things into words that I had experienced, but could not explain. I will likely refer back to this book often and read it again.

---

## **Laurie says**

I have to say that this little book really does have it all!

It simply tells you how it is with the psychopath. How they think and how they do not care nor worry about what you nor anyone else thinks. No empathy, no care other than for themselves. Moving on to one doormat to the next only to recycle you IF you allow them too! How to keep a, "no contact" agreement with yourself and from them. A must read for anyone living with/attached to/or recovering from a psychopath's path of destruction. After you read this book you will let go of your, "what ifs" and your, "If I'd onlys."

---