



# **The Sociopath at the Breakfast Table: Recognizing and Dealing With Antisocial and Manipulative People**

*Jane McGregor, Tim McGregor*

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Sociopaths can be found in every facet of life: personal relationships, work, school, and family. Most people have been in a relationship or interacted with more than one sociopath in their lifetime, often not recognizing their danger until it was too late. *The Sociopath At the Breakfast Table* breaks new ground in the field of abusive relationships. It presents an emerging theory about sociopathic interaction: SEAT, or the "Sociopath-Empath-Apath Triad." With this new found understanding of how sociopaths worm their way into people's lives, readers can use the tips and techniques found in this book to protect themselves from potential harm. More importantly, the authors show how empathy can be used as an antidote to sociopathic abuse - thus, victims are able to seize back power and ultimately regain control over their lives. This book presents readers information and tips on every aspect of interactions with a sociopath, from avoiding meeting one, to getting rid of them, dealing with the aftermath, and regaining control of their life.



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