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# Husband, Liar, Sociopath: How He Lied, Why I Fell For It & The Painful Lessons Learned

## Husband, Liar, **SOCIOPATH**



## Synopsis

Could you or someone you know be married to a sociopath? The author of this book was, but it took her twenty years to figure it out. She wrote this book to make sure the same thing doesn't happen to other people. Onna thought the classmate she married was her Prince Charming—kind, honest, loving, and intellectually vibrant—but she was wrong. That spark she felt wasn't true love, it was a trap—custom designed to ensnare her. Onna's repayment for investing twenty years into her marriage and unwittingly providing her husband with a façade of normalcy was ongoing gaslighting and chronic emotional assault, all twisted and framed so she would attribute them to her own apparent shortcomings. By the time she understood what was really happening, her emotional, physical and financial health were in peril. Why did her husband do it? Because that's what sociopaths do. Sociopaths are far more common than most people imagine. To help others recognize the subtle warning signs that they might be in the crosshairs of a well-camouflaged sociopath, Onna shares her story while detailing the techniques her ex-husband used to control her behavior and erode her self-esteem. She also explores the psychological research regarding why such methods are so effective, why it is hard to understand what is happening while you are in the situation, why the cumulative effect is so ruinous, and, more importantly, why you must escape if you suspect you are in a similar situation. This insightful, cautionary tale is a must read for men and women alike.

## Book Information

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## Customer Reviews

This is an incredibly sad and painful story but fundamentally a very important work, and the earlier it can be made available to people in troubled or potentially troubled relationships the better. This women's tale is very sad and painful. It is not unusual. A guy from my old neighborhood was one of these kind of people. When the school district collapsed, my parents put me in parochial schools that were in another parish. He was the only person my age and gender on the bus, the only significant relationship at my new school, and again two years later in High School. I noticed in high school he never got embarrassed. In discussions, he wasn't interested in getting at the truth of the matter, but in shaping it so that if it turned into a debate he would win. "Prevailing" is a VERY important concept with these people that the author introduces. It shows up in minuscule interactions and is the best way to determine early on if the person might be a psychopath (of course they can and do mask this too). He was the funniest person I ever met. EXTEREMLY entertaining. He never was ever really embarrassed by anything, I watched him shake off in minutes things that would have embarassed me for months if not years - that was one of his super powers and from that I learned not to be so subconscious of my own minor mistakes and foibles (something good I got out of knowing and observing him). He was highly compulsive person with absolutely no discipline. In high school he came down with crabs - which means he had probably visited the rankest hooker possible, ie., based on price alone. Because of his compusiveness, his grades were lousy and his father, I believe, used the example of me to try to goad him into doing better in school.

Just like all of the other reviewers, I poured through this book, and rooted for the author to finally wake up and get out of her toxic marriage to an emotional vampire. I admire her immensely, and wish her every happiness. My only criticism of the book came towards the end, during and after the divorce, when her sociopath husband continued to torment her through her children. He, for example, insisted her son stop his karate practice, even though it was a great source of joy in his young life, as retaliation for the son standing up to him during a fight. Just absolutely heartless. He also went to great lengths to stop his son from getting therapy, even though it was so helpful to the son, who was on the verge of suicide. What made me so incredibly frustrated with the author, is

when she continued to divulge information about her son's whereabouts and activities to her ex husband, even though she knew the ex would only use the information to hurt her son. I mean, lady, YOUR SON IS SUICIDAL. You don't tell your sociopath ex that he is going to be seeing a therapist, and that he is going to continue with karate lessons no matter what. These things were crucial for the son's mental health and ability to survive this ordeal. Divulging this info to her ex I thought was incredibly stupid. She should have continued ushering her son to these appointments, and not told the ex a word about it, and figured out a way to fund these things herself, if necessary. Instead she kept dutifully offering up this info, even though doing so was so detrimental to her son.

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