



Toxic Men: 10 Ways to Identify, Deal with, and Heal from the Men Who Make Your Life Miserable

Glass Lillian

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Know Thine Toxic Man.

Toxic men come in all shapes, sizes, and dysfunctions. The trick is to know one when you see one--and how to deal with him. In this book, bestselling author and therapist **Dr.Lillian Glass** shows you how to identify toxic men, and gives you the specific tools you need to avoid them when you can--and handle them effectively when you cannot.

This groundbreaking look at toxic men and the women who are involved with them offers a three-part approach:

- Part One: 10 types of toxic men, from the "Sneaky Passive Aggressive Silent But Deadly Erupting Volcano" to the "Instigating Backstabbing Meddler"
- Part Two: 10 ways to deal with toxic men, including the "Blow Out, Let It Go Technique" and the "Give Them Hell and Yell Technique"
- Part Three: How to heal after a toxic relationship, from getting professional help to making amends

With Dr. Glass's profound yet practical advice, you can take charge of your life--and rid your relationships of toxic men once and for all. Whether you're struggling to date a decent guy or are already trapped in a toxic relationship, Dr. Glass gives you the answers you need to leave dysfunction behind--and find a man capable of a health, loving relationship.

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Andrew Taylor:

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