

Introduction

Dark souls really started off with my intention of finding out as much as I could about psychopathic personalities. I never intended on writing a book or an autobiography on psychopathic personalities. In fact I had actually started writing a book on spirituality before Oliver decided to return. Often these Dark Souls cause us to have an epiphany moment where we wake up spiritually and look at our lives in a different way.

Six months after asking him to leave and with my flat nearly finished, and 2 ½ stone lighter, I celebrate my birthday on July 2010 with a family picnic including my children, my mother, my brother and nephew and my two dogs, happy in the knowledge that my book was finally finished and my journey was over. I now start my new life with new hope and optimism and more importantly a new found wisdom that will stand me in good stead for any future relationships with men.

Although I am not a doctor or writer with professional training or a background in psychiatry, I wanted to explore what made these people tick. I wanted to find out why certain women were attracted to them and whether we were just as some books stated *targets*; or if it was something deeper like our own beliefs that got us into the relationships in the first place. Many books talk about the emotional, financial and physical carnage these people leave behind. However, based on my own experience, and having read many other women's stories and working with clients; the spiritual damage these people do to us is far more long lasting.

Some might compare it to having a *death of the soul* and unless we are able to find some tools to recover some victims remain in that state for years and years being turned into the very Dark Souls that abused us in the first place.

It is a well known fact that children of psychopath/sociopath parents may possibly grown up to be like their own parents however I was not prepared to become one of them and I also wanted to teach my own children how to have a good role mother and inspire them not to have the same types of relationships that I had had and my mother before me.

For those of you who may be reading this book you may identify with some of the stories, including my own. If some of the character traits of these Dark Soul personalities ring true with your partner, my hope is that you seek help and that this book inspires you to step out of the victim mentality that keeps us glued to these people. They want us to be victims and by being our true authentic selves we can free ourselves of all the energetic gunk and toxic emotions we are left from their unowned feelings.

Dark Souls is a handbook for spotting narcissistic psychopaths. It is also a story about a woman's journey to full recovery and healing. In this book you will find tools that you can use to facilitate your own healing journey along with useful insights and carefully researched material to support the pathology of these people. It explores the many ways in which they are likely to manipulate us, the mind games, the lies and more importantly the reason they chose us in the first place. This book places direct responsibility on the victims to look at their own behaviour and ask themselves "why did this happen?" without going into blame and guilt.

I make many generalizations about psychopathic personalities. Probably you will find that some comments are truer than others but at the end of the day we are all unique individuals with unique experiences.

Dark Souls are a complex mix of different psychopathic traits however any type of individual who displays signs of psychopathy or narcissism needs to be diagnosed by a professional healthcare worker.

Although you may decide to apply some of the insights in this book, some of which are immediately beneficial, this book does not replace the need for therapy and counselling for survivors of dysfunctional relationships. Your own journey to recovery is unique and can be as slow or as quick as you make it. However if you do not take time to heal properly there is a small possibility that you may attract another Dark Soul clone again.

I believe that many people can benefit from reading this book, not just victims, from those interested in what drives these people to healthcare professionals who may be able to understand better the affects on their victims. Having spoken to my own clients their immediate reaction was shock and disbelief and then “when can I buy your book”.

We all live in a world where things are kept hidden and sometimes when someone speaks up and tells their own story it may shock people but inspires others to speak up to with the outcome of finally saying No. Its an empowering place when you realise that you can finally put all of your childhood demons behind you and wont be a target for the rest of your life and the little red flashing neon sign that used to be there eventually becomes so insignificant you wonder what all the fuss was about.

I hope that this book gives you some insights into the minds of the Dark Soul and if you have been in relationship with one enables you to find the tools to heal and recover and have happy, healthy relationships in the future.

What you will find in the book

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