



# **Emotional Bullshit: The Hidden Plague that Is Threatening to Destroy Your Relationships-and How to S top It**

*Carl Alasko Ph. D.*

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In this breakthrough book Dr. Carl Alasko takes apart the emotional stealth disease that destroys trust and happiness in every area of life: dating, marriage, parenting, friendship and work. Nothing is exempt from this hidden plague, including your financial security.

This stealth disease is actually made up of three common psychological dynamics: the Toxic Trio of *Denial*, *Delusion* and *Blame*. Emotional **Bullshit** emerges when we use these three dynamics together to:

- \* deny, manipulate and distort essential facts
- \* substitute a delusional and false reality, and then
- \* blame someone or something when things fall apart.

Dr. Alasko provides a revolutionary way to eliminate Emotional BS from your life, markedly improving all of your relationships.

Based on twenty five years of clinical experience, Dr. Alasko leads you through a simple-to-understand and proven way to ban Emotional **BS** and significantly increase your happiness and fulfillment.

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