



The Romantic Terrorist: Protect Yourself From Stalking, Bullying and Threats

Ms. Mary June Makoul CPC, Ms. Lyn Kelley PH.D.

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According to Dr. Michelle Ward, Criminal Psychologist and narrator of the hit TV reality show “Stalked: Someone’s Watching You,” over three million people a year are stalked, over two-thirds of them women. Ninety percent of women killed by husbands or boyfriends had first been stalked. The U.S. Department of Justice estimates that one in 10 women and one in 35 men in the U.S. have been or will be stalked sometime in the future. Among celebrities and other high-profile people alone, the statistics are staggering, and are on the increase. This book is written for everyone – it doesn’t matter if you’re male or female, gay or straight, young or old, large or small. Bullying, stalking, harassment, revenge and threatening behaviors by someone you know can happen to anyone – and it’s probably already happened to you. We focus predominantly on “romantic” relationships, but these principles apply to anyone in your life. For example, many people have been victims of harassment by neighbors, coworkers, bosses, teachers, friends, acquaintances, family members, strangers and hired help. It is not uncommon to suffer harassment by someone you barely know, or someone you’ve never met – someone who has been watching you and/or studying you without your knowledge (as in Celebrity Stalking). Our main goal in this book is to assist you in becoming more aware of when someone is controlling, manipulating, harassing, bullying, stalking or threatening you, and empower you to respond in ways that will protect you. Controlling, manipulative, and/or threatening behaviors often turn into turn violence. If you find yourself in a situation with any of these types of people, you will learn how to manage them and yourself. Some of the chapters included are: --The Rejected Lover --Is it Love or Obsession? --Controlling and Manipulative Ploys --Dr. Jekyll -- Mr. Hyde Types --The Romantic Bully -- Emotional Blackmail --Cyberstalking and Spying --Handling Dangerous Situations --Protective Orders and Legal Action --Best Strategies to Stop the Insanity! --Post-Traumatic Stress --Battered Persons' Syndrome -- Effective Formula for Conflict Resolution --De-Escalation Training --Grieving, Moving On and Thriving -- Positive Affirmations and New Commitments We walk you through the entire process and give you our best strategies and advice every step of the way. Only YOU can implement it, and our hope is that you WILL.

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