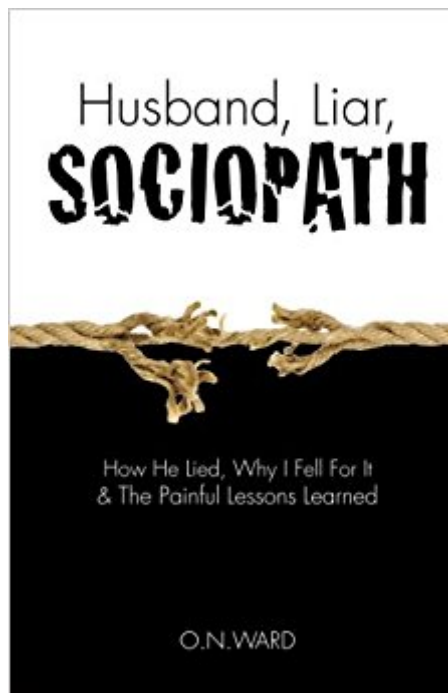




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Husband, Liar, Sociopath: How He Lied, Why I Fell For It & The Painful Lessons Learned



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 facade 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.

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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. Consequently, I think that caused him to mark me as someone to compete against. I didn't realize it at the time, but looking back, he dated two girls simply because he thought I took an interest in them, one of which he married while I was away at University - guess to prove himself. None of this mattered or registered to me because I was not competitive in that regard and believed marriage was a matter of how well to people fit together and but by then, I had a pretty good idea that any women choosing him was not better off than choosing me, so I just assumed the girl that married him made her choice to be with him and it was her loss to not investigate me further. I did not realize how much she would come to regret it. The story of their marriage turned out to be is very similar to this one, though the women in that story found a way out on her own two feet but to get their she knew she'd have to take a beating, and she did, physically and metaphorically. Sociopaths will use the law and the legal process as another way to batter their ex-wives. I watched what unfolded in his marriage from a ring side seat. As the reality came apparent, I supported her more than him. Back then I didn't know what a psychopath was, I've only learned that in the 12 months while doing research on the foundation of Islam and Mohammed for a unit I teach on Islamic law in a comparative law class. (Note: its no coincidence that Islam empasizes "submission" (it very name

means that) and that jihadist engage in terror against non-muslims) I, and others from the old neighborhood, tried to reason with him to be a better husband, to end the unnecessary hell he was creating for her, his kids and himself. The guy had uncanny skills. I think when the time came he avoided being served papers (for divorce?) for over 6 months. He had an incredible 6th sense at avoiding authorities, while, if she so much talked to a male class mate after classes he would somehow bump into her. While her background was not perfect, it was not unreasonable, and in no way could she have predicted that a person like this existed. This is also appears to be true for the author of this book. Please beware: I think MANY women are attracted to sociopath males. They often appear as the alpha male. Many women want them. A friend of mine who immigrated from Russia, after going through a divorce with his Russian wife, decided, to have a chance of meeting women in his new culture, to study all of the PUA (pick up artist) material and a lot of it is about trying to establish yourself in the mind of the female as an alpha male in some circle: if you are a computer geek, then the alpha geek; if you are an athlete then the alpha athlete; if you are musician, or artist, same thing - pick your circle, become the alpha, then you almost get to pick the girl who is in that circle. Something similar seems to happen in this story: the antihero was an alpha in a study group while the author was getting her MBA. He had confidence. No anxiety. He then did another PUA trick called mirroring, pretending to have the same values and interests. The only thing he did not appear to do is be funny as well. The author has done a great service. Its one thing to read about what a sociopath is, its entirely another to see them in action. They are deft, clever, have command of communication skills. They can play people off each other, tell half lies, etc... Its all so clever it is difficult to nail down. While I'm sure there were a million and one things her ex-husband did that she has not captured, she has captured enough to give a sense of what it is like to be in a relationship with one of these guys. I have absolutely no doubt that this story is essentially a very true narrative of what happened. I am sorry for her having had to suffer so for so many years. However she has done a great public service by putting her story down on paper and made available to all.

This is one of the best books on the subject of sociopaths. What makes this book so unique is that it describes a long term marriage to a psychopath. Most books deal with dating them.. Being married to them seems like a whole different ball game. A must read for anyone who suspects that her mate is more than just a jerk.

Thank you for validating my experience. Still trying to heal after 22 years with my sociopath. Didn't

think my ex could hurt us anymore after being divorced five years but he did. Wish I could put into words what Ward has. So grateful for her story. I read her book to remember what I experienced. Some things are so painful the mind wants to forget. When you have children together there are lifelong repercussions. The affects of abuse live on after the sociopath is gone. Getting away is the first step.

This is the 1st book, I ordered once I discovered the world of Narcissism. My journey started by accident in February 2016. I clicked by mistake on a youtube psychopathic test. And my whole world unraveled right in front of my eyes. Windows after windows kept opening up & inviting me deeper into the truth I had no name for. In no time at all, I had answers to questions I had for 22 years. Like many testimonies of women here. My life mirrored the author's life with very very few exceptions. Just like her I am going through parental alienation because he is able to buy my children's love, affection & loyalty. Got no where to go, no job, no money, no family and in foreign land. Completely alone. Nothing I can do but carefully as much as possible plan my escape. Although I had no choice but to retreat to live in a separate bedroom like a sulky teenager at my age of 44, just to protect myself from the constant gas lighting. Like one woman said here, Onna went through all of this at a time when there was no information & no help, like many other people throughout the ages. Such people have destroyed so many lives through the centuries, moving amongst us completely unsuspected. But with the internet those days are coming to a close. People like Sandra L. Brown, author of woman who love psychopath, is working hard to petition the courts to make this a crime. Time is closing in on them. May our generation be the last to fall pray to such people.

Very well-done. I couldn't stop reading it, painful as it was at times. A wonderful cautionary tale. Every woman should read this book -- the earlier, the better. It is difficult to see these sociopaths coming. I'm grateful the author chose to turn her twenty years of suffering into a teaching tool for the rest of us. I hope the rest of her life is peaceful and joyful -- she has earned it.

This book tells unfortunately a very familiar tale. Abusive relationships can happen to the best educated and secure among us. In fact, abusive relationships may be even longer endured by those who believe they don't fit the stereotype, people who believe it could never happen to them, or that abuse is only physical. This book is a very personal tale of a 20 year marriage, the red flags that weren't observed early on and the frightening gradual loss of control to a person with no empathy.

Sources listed in the book indicate that anywhere from 1 in 100 to 1 in 20 people are sociopaths -people who can't experience normal human emotions, have no empathy, conscience or respect for normal laws of behavior. The odds of being involved with one are very high -being warned is forarmed.

More than a memoir, this story clarifies how the tactics of a narcissistic predator can entrap and destroy the mind of a healthy, empathetic, and vulnerable partner. Written with pointed, sobering prose.

Though I have been 1 yr 1 month out of my relationship (to the day!) ..I find the need to keep reading about this topic. Wish I had read this earlier. I hope the author and others in similar situations a good recovery and life with peace and love. Thanks for spreading the word.

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