



# The Empathy Trap

By Jane McGregor, Tim McGregor

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Sociopathy affects an estimated 1- 4% of the population, but not all sociopaths are cold-blooded murderers. They're best described as people without a conscience, who prey on those with high levels of empathy, but themselves lack any concern for others' feelings and show no remorse for their actions. Drawing on real life cases, *The Empathy Trap: Understanding Antisocial Personalities* explores this taboo subject and looks at how people can protect themselves against these arch-manipulators. Topics include:

- Defining sociopathy, and related conditions such as psychopathy, narcissism, and personality disorder
- How sociopaths operate and why they're often difficult to spot
- Identifying sociopathic behaviour
- The sociopath's relations with other people and why they often go unpunished
- Coping with the aftermath of a destructive relationship
- Re-establishing boundaries and control of your life
- Practical advice for keeping sociopaths at bay
- Resources and further help

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#### **About the Author**

Dr Jane McGregor is an author and lecturer at the Institute of Mental Health, University of Nottingham. Tim McGregor is a health practitioner with more than 20 years' experience in addiction and sociopathy.

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