



THE SOUL FAST WORKBOOK A 40 DAY FAST TO ELIMINATE TOXIC THOUGHTS  
EMOTIONS THAT EAT AWAY AT YOUR HAPPINESS UNDERMINE YOUR SUCCESS



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### **the soul fast workbook pdf**

In a relationship, a narcissist will use a variety of emotional manipulation tactics to hook, re-hook, and then string-along his partner. One of the most effective of these tactics is one that I call the soul mate effect. Along with its sister manipulation tactic future faking, the soul mate effect makes up the stickiest portion of the web that narcissists weave to capture their targets.