



# Beware of Toxic Minds: A Guide for Guarding One's Heart

*Melvia Miller*

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## **Beware of Toxic Minds: A Guide for Guarding One's Heart** Melvia Miller

This GUIDE-BOOK presents vital information to increase readers' awareness of toxic minds, addicts, sociopaths, narcissists, and abusers. As MILLIONS OF INNOCENT PEOPLE have been victimized by toxic minds, many are seeking information about how to deal with these serious problems. ...DOMESTIC VIOLENCE, CHILD ABUSE, TOXIC PARENTING, wife-beating, elder abuse, date rape, sexual harassment, alcoholism, drug addiction -- and similar foul behaviors (etc.) have become major social problems. \*\*\* THIS AUTHOR CLAIMS THAT.... "Awareness is one of the better ways to protect ourselves." \*\*\* Using real-life stories, pictures, and a bit of humor... the author offers deeper understanding and insight into the types of cruelty, abuse, and violence that has been plaguing society. Awareness is your best protection. \*\* Learn more about POLICE BRUTALITY... TERRORISM... SCHOOL SHOOTINGS, GANG WARS, CHILD ABUSE, WIFE BEATINGS, DOMESTIC VIOLENCE, RAPES, SEXUAL HARASSMENT - and other forms of violence are at epidemic levels in many cities. \*\*THIS HANDBOOK is a great tool for 'SELF-HELP'... and for workshops, counselors, trainers, students, and those who have been victims of violence. \*\* VIOLENCE ...in many forms.... such as shootings in our schools, temples, theatres and other places ...has become a monumental problem. Gang wars, domestic abuse, bullying, and other similar events have stimulated much attention to this issue. GUN CONTROL is now a major topic of debate for politicians. \*\*THIS BOOK ALSO CONTAINS A FULL SECTION ON THE ROOT CAUSES OF VIOLENCE.\*\* THE NEWS is filled with heart-breaking, tragic stories about addicts...such as: WHITNEY HOUSTON, ANNA NICOLE SMITH, LINDSEY LOHAN, JIMMY HENDRIX, RAY CHARLES, GLENN BECK, RUSH LIMBAUGH, CHARLIE SHEEN, AMY WINEHOUSE, MICHAEL JACKSON...and many others. \*\*\* LEARN MORE ABOUT TOXIC PEOPLE: alcoholics, drug addicts, abusers, emotional vampires, scam-artists, and fanatics. There are many famous songs that express the hurt and heart-aches that we have felt -- \* "THE THRILL IS GONE" (B.B. King)... \* "WHAT'S LOVE GOT TO DO WITH IT?" (Tina Turner)... \* "GOOD MORNING, HEARTACHE" (Billie Holliday)... \* "ENDLESS STREAM OF TEARS" (Dolly Parton)... \* "MERCY, MERCY ME" (Marvin Gaye).... ...and many others... so many that we realize that HEARTBREAKS, disappointing relationships, and sorrows are a widespread problem. LEARN WAYS TO PROTECT ONE'S HEART... MIND... HEALTH... and FAMILY.

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