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Aud Dalsegg, Inger Wesche

## *Escaping the Grip of a Psychopath*

Escaping the Grip of a Psychopath

«We are entitled to human decency. To try to gain power and control over another human being is to deprive it of its human decency. And just that is the main objective of the psychopath. Those who are caught in their net become victims of psychological or physical violence. And the most serious consequences are all the children that are violated by unwholesome parents.

We have gained insight into many sad stories from family and professional life. With this book in mind, we have searched for stories where the victims have found a solution, found a way out of the grip they have been held in. It is possible to create a new life for oneself, in which you are not controlled by others, but are in charge yourself. We hope this book can inspire just this – a freer and more dignified life.»

– The authors

This book separates itself from previous publications on psychopathy by focusing on the victims. In addition to illuminating the problem in itself, it is meant as a self-help book to give specific advice on how to break away from the hold of a psychopath. It also deals with the situation of the children, and the consequences for them. The book is also useful for others who would like to learn more about psychopathic behaviour and how it can affect families and professional life.

## Aud Dalsegg, Inger Wesche

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Aud Dalsegg was the co-writer of the best seller *Charmer* and *Tyrant* (1997, 2000). She has also written about the problematics of psychopaths and their victims in *Dagbladet*, one of Norway's largest newspapers, where she works as a health journalist.



Inger Wesche is a jurist and has an education in spiritual guidance. She established and ran "The Yellow House" in Oslo (1993–1999), a support and aid facility for people in difficult situations. In the years since, she has continued her counselling, though on a smaller scale.

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