



My Sociopath: From Sociopath Parents to Loving Sociopaths to Waking Up

Lynna Kivela M.A.

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Surviving childhood raised by a diagnosed sociopath father and mentally-ill mother was no easy feat for a child that leads from her heart. When she turned eighteen, her father called her an “old loser” and told her to leave home. On her own, this adult-child navigates the world with an innate sense of her 'oldness' in search of meaning. The writer travels from the Rust Belt to the West Coast to Turkey trying to not only save herself, but the animals and bad men that she attracts along the way. This book highlights a sensitive child, with a strong soul, who grows up to be a confused woman searching for love in damaging men without ever losing track of her inner compass...her Will...her love for animals and her urge to keep expanding. My Sociopath is the first book of its kind to give a revealing look at the making of an Empath and how this sensitive person navigates in a world of Narcissists and Sociopaths. It is a flash of memoir mixed with a new and imaginative look into the deep workings of Sociopaths, Narcissists, and the rarely discussed Empaths. This is not a victim's “loss of love” rant; nor is it a repeat of all the old sociopath traits and checklists that we've all been inundated with. This is a well thought out, innovative, free thinking and spirited version of all the old sociopath books. The writer is constantly analyzing human behaviors and motivations through soul needs of all players and offering fresh advice all along for bettering our existence. You don't have to wait to get to the Healing Section to receive inspirational nudges along the way. The author maintains that none of us are ever truly healed from trauma, but instead, we must focus on our expansion. My Sociopath is infused with splatterings of thoughts from the ancient wisdom writers for more in-depth pondering and to incite our creative flow. Author, Lynna Kivela, goes against traditional and repeated beliefs that Narcissists lack empathy. They do have empathy, but not in the way we're used to seeing. All new “checklists” are given and the author explains her own hypotheses regarding the destructive forces that walk amongst us and why some of us, usually Empaths, are continually absorbed by their damaging energy. All of us are formed into being by what the author conceives as our mother's “Emotional Body.” My Sociopath infuses the emotional and mental-workings of all players and instead of a remote view of perpetrator, victim, and enabler, a vulnerable expression of everyone's intense need for love and acceptance is revealed. The author asserts that in order to recover from childhood abuse that results in a life of attracting dysfunction, we must untangle our “emotional body” by examining the patterns in our life that most of us refuse to see, but that we must recognize, so to stop the destruction. You will not only see, but feel, a combination of the author's essence of teacher, healer, creator and a person on a healing journey herself. The writer turns her ideas into well organized lists and easy to read segments with headings from not only the point of being a well trained teacher, but from her personal knowing that trauma victims have a hard time with concentration and focus. She writes about her many days of "looming gray clouds in her mind." My Sociopath is a Soul Journey from Sociopath Parents to Loving Sociopaths to Waking Up.

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