

Stage Two

If you no longer want life to be just about what merely feels good *now*, as opposed to what's in your best long-term interest, it's time to take a look at your problematic Stage Two hooks. Resources for Stage Two help you become aware of how your actions ultimately affect you and others. They also give you strategies to develop better self-control and cultivate better relationships. These books, articles and websites cover a wide range of issues and solutions, related to many types of Stage Two hooks that could be wreaking havoc in any area of your life.

Books

[Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life](#)

By Raymond Chip Tafrate, Ph.D. & Howard Kassinove

This book discusses way to channel anger related to daily adversity to lead a happier life.

[The Sociopath Next Door](#)

By Martha Stout

This book is to help identify and deal with people in your life who lack shame, guilt, or remorse.

[Without Conscience: The Disturbing World of the Psychopaths Among Us](#)

By Robert D. Hare

Dr. Hare describes the condition of psychopathy based on his years of research.

[Snakes in Suits: When Psychopaths Go to Work](#)

By Paul Babiak and Robert D. Hare

This book offers a research based look at psychopaths in the corporate world.

[The Psychopath Test: A Journey Through the Madness Industry](#)

By Jon Ronson

[Why Does He Do That?: Inside the Minds of Angry and Controlling Men](#)

By Lundy Bancroft

This is a book for individuals in abusive relationships, which describes early warning signs of abusive, abusive personality types, the role of drugs and alcohol, and how to leave a relationship safely.

[The Stranger Beside Me: Ted Bundy The Shocking Inside Story](#)

By Ann Rule

This book offers an inside look to the story of one of the most famous psychopaths, Ted Bundy.

[A Dance With the Devil: A True Story of Marriage to a Psychopath](#)

By Barbara Bentley

This is a compelling memoir by a woman married to a psychopath.

[Making Good: How Ex-Convicts Reform & Rebuild Their Lives](#)

By Shadd Maruna

This book offers stories of criminals who changed their lives to be more productive and positive.

[Psychopath Free: Recovering from Emotionally Abusive Relationships With Narcissists, Sociopaths, & Other Toxic People](#)

By Peace

This is a recovery guide for those who have been in relationships with sociopaths.

Articles

[Increasing Empathy](#)

By Paul Thagard

Increase empathy by helping individuals understand each other through the use of cognitive-affective mapping.

[Emotional Competency: Empathy](#)

By Leland R. Beaumont

A thorough look at what makes up empathy and how to better understand and increase it.

[Bullying Resources: Learn More on How To Deal With Bullies](#)

Resources for dealing with bullies.

[Discussion of Psychopathy Traits](#)

From: *The Mask of Sanity*, by Hervey Cleckley, 5th edition

A thorough examination of the characteristics and traits that make up a psychopath.

[The Inner Landscape of the Psychopath](#)

From: *The Mask of Sanity*, by Hervey Cleckley, 5th edition

A look into the mind of a psychopath.

[The Psychopath's Relationship Cycle: Idealize, Devalue and Discard](#)

by Claudia Moscovici, Psychopathy Awareness Blog

A discussion of the stages of a relationship with a psychopath and the reasons for them.

[Red Flags: How to Identify a Psychopathic Bond](#)

by Claudia Moscovici, PsychopathyAwareness Blog

A list of warning signs and early symptoms to help you identify if you are in a relationship with a psychopath.

[What Is Sexual Addiction?](#)

By Michael Herkov PhD

General resource on sexual addiction.

Websites

[Stop Bullying](#)

This resource provides information from various government agencies on how kids, teens, young adults, parents, educators and others in the community can prevent or stop bullying.

[PACER's National Bullying Prevention Center](#)

PACER's National Bullying Prevention Center unites, engages and educates communities nationwide to address bullying through creative, relevant and interactive resources. PACER's bullying prevention resources are designed to benefit all students, including students with disabilities.

[Psychopathy Awareness](#)

This website provides information on what psychopaths are, why they act the way they do, how they attract us and whom they tend to target. Above all, this book helps victims to find the strength to end their toxic relationships with psychopaths and move on, stronger and wiser, with the rest of their lives.

[Help Guide: Gambling Addiction](#)

General information on gambling addiction including signs, symptoms, and treatment.

[Gamblers Anonymous](#)

12-step program for individuals with gambling addiction. Find support and meeting to assist you in the recovery process.

[Sexual Control: Sex Addiction](#)

A thorough website filled with articles on how to cope and treat sexual addiction.

[Sex Addicts Anonymous](#)

12-step program for individuals with sexual addiction. Find support and meeting to assist you in the recovery process.

[How Felons Can Get Jobs](#)

A helpful resource for ex-felons looking for employment advice.

Have a resource that helped you or think could help others? Please share it with us in the comments section below. Stage Climbing is constantly evolving and searching for resources that could benefit our community. We value your comments and feedback, so let us know how we can make this section better.