

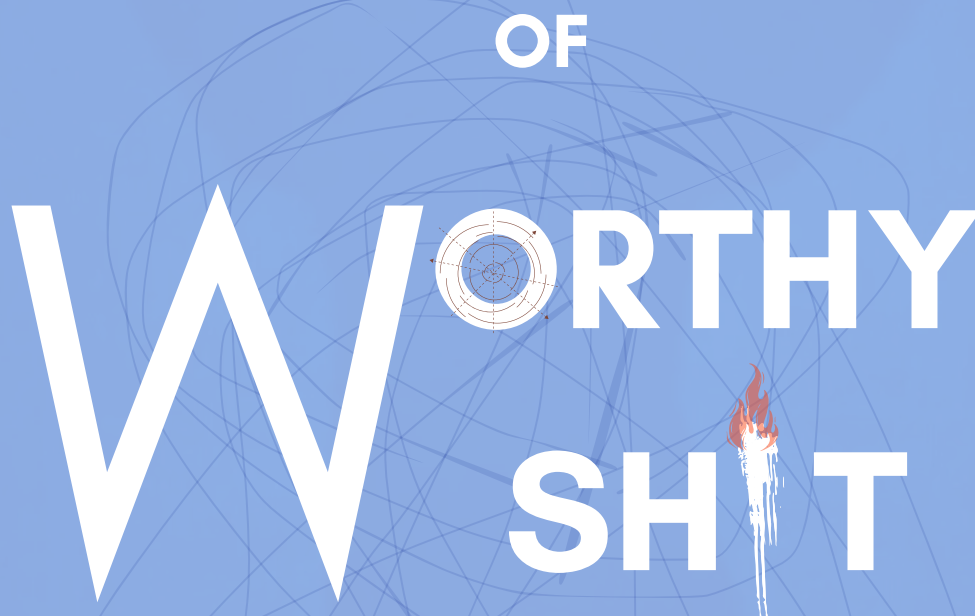
A BOOK ON PSYCHOLOGY,  
MANIPULATION AND CRITICS OF  
MODERN SOCIETY

HOW AN 18 Y/O TURNED AS **PSYCHOPATH**?

 **THE FAREWELL DIARY**   

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OF  
**W**ORTHY  
SHIT



THE BOOK BY

MUHAMMAD A AQIB



THE FAREWELL DIARY

OF

WORTHY  
SHIT

HOW AN 18 Y/O TURNED AS PSYCHOPATH?

A BOOK  
ON  
SELF-EXPERIENCING  
PSYCHOLOGY,  
MANIPULATION  
AND  
CRITICS  
IN  
MODERN SOCIETY.

*A fair-written book by 18teen.*

A partnership execution and a holder of coursera,

Muhammad A Aqib

A Researcher and student from,

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(University of London Senate House Malet Street, London WC1E 7HU United Kingdom).

(DEPARTMENT OF MERGERS AND ACQUISITIONS)



The book associated and glamorized,

In the hands of;

ALIYAH SULTANA

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## PREFACE

My first ever book has been written. Throughout my life, I have found solace in the quiet corners of my mind, wrestling with the profound weight of introversion and the silent battles it often entails, the most secured and heart-breaking topic of my life that I never discussed even with my own shadow. This book is born from my journey, a testament to the struggles I have endured and the insights I have gleaned along the way. It is both a diary of my personal experiences and a comprehensive exploration of the subtle yet mainly on parental ethics of powerful ways psychology shapes our world. For as long as I can remember, I have navigated life as an introvert, feeling the pressures of a society that often values extroversion and outward expression. My introversion has been both a source of strength and a significant challenge, shaping my interactions and influencing my perspective on the world. Just remember the author was an extrovert a while ago, but an illusion made him sick through his opposite diagonals of persona. Writing this book has been a cathartic process, allowing me to document my experiences and share the lessons I have learned with others who may face similar struggles. The primary reason I am writing this book is to defend myself from abusiveness mainly on harsh parenting that led me to write this content, and I know parental fights are common but not abusiveness, and the sensational conclusion that led my life into envy and to shed light on the often misunderstood and underestimated impact of psychological manipulation. Throughout my life, I have witnessed and experienced firsthand how manipulation can subtly weave its way into our thoughts and

actions, often without our conscious awareness. This realization has compelled me to delve deeper into the mechanisms of manipulation, to understand its roots and implications fully. As an introvert, I have had to confront the manipulative forces that can exploit vulnerability and silence. This book is my response to those challenges, an attempt to reclaim my narrative and offer a guide for others who might find themselves in similar situations. It is a remarkable conclusion to a lifetime of introspection and self-discovery. Who made me introvert and what makes us the same? In writing this book, I aim to provide a comprehensive understanding of how psychology rules the world. From the manipulation tactics that pervade our daily interactions to the profound influence of psychological principles on our behavior and decision-making, this book seeks to unravel the complex web of the human psyche. My hope is that this book will serve as both an educational resource and a source of comfort for those who, like me, have felt the weight of introversion and the sting of manipulation. By sharing my journey and the insights I have gained, I aspire to empower readers to recognize and navigate the psychological forces at play in their own lives. This book is more than a collection of theories and observations; it is a deeply personal account of my struggles and triumphs. It is a reminder that we are not alone in our experiences and that, through understanding and resilience, we can overcome the challenges that life presents. I'll thank every reader and request that every reader must read "The Story" and let's accelerate for joining me on this journey. Together, let us explore

the remarkable power of psychology and uncover the ways it shapes our world and our lives.

## INTRODUCTION

A kind-hearted, a silent-kid, a smart-clever boy, a different mentality, an unpuzzled, a bastard, a shit and much more.... Are you thinking why all these words have been displayed above, you think it may be I am accepting myself? Absolutely, yes it was my emblem given by society and neighborhood. A quiet personality - a pimpled face - a zero personality knowledge - social-nerd and much more... yes, it was just my surnames and how vibrant they actually were!

Let's get into the point, my name is V, you may have heard it right? Anonymously it was my very special name given by someone who doesn't even exist now, a far away a story of a child whose father torturing them with abusive carnage and destructing mental health critically and after the day they realized they were not extroverts - a chill kids anymore, the day they decide to selfly-assassinate themselves, as of today everyone suffering parental issues in these some people with no reason, a money purpose or a dreamed things these people are absolute shits. But some dreaming to have just a father talking a two words and just signing their progress cards at a time, just enough fate for them and cause they need nothing more than they likely have it, obviously these typical people are willing to value a thing not to volute the thing, they drowned in absence and they especially respecting their presence by honor.



Many people have their own tastes at parenting, nowadays it's just a fashion on wishing them at specific (father/mother) day and also aint knowing the value of having a sibling is just a shame on them, obviously, "we have something - we value nothing, we have nothing - we value everything" it's just a quote from a wise man.

However, not all parenting is beneficial. Some parents are strict, imposing rigid rules and expectations on their children. While discipline is necessary, excessive strictness can stifle a child's growth and creativity. Even more concerning are the parents who can be described as pure evil. These parents never allow their children to grow up or find their own path. Instead, they control every aspect of their lives, leading to a stunted and unfulfilled existence. These children are neither allowed to rise or fall; they are kept in a perpetual state of limbo, unable to truly live. In this book, I delve into the psychological tactics that can help individuals navigate and overcome such oppressive environments. One story that stands out is my own. Growing up, I faced significant challenges due to my father's abusive behavior. He was a man who believed in strict control and manipulation, never allowing me to express myself or pursue my dreams. This constant oppression led to severe social anxiety and a feeling of being trapped. But through my journey, I discovered the power of psychological tactics. By understanding the mechanisms of manipulation and influence, I learned how to regain control over my life. I began to document my experiences and observations in a diary, which eventually became the foundation for this book. These tactics not only helped me navigate my relationship with my

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