



Biting Back: A No-Nonsense, No-Garlic Guide to Facing the Personal Vampires in Your Life

Claudia Cunningham

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According to lore, a vampire cannot enter your home without an invitation. Putting a spiritual spin on this well-known rule, Claudia Cunningham presents a powerful strategy for dealing with freeloading friends, suffocating spouses, harmful habits, and other “vampires” who drain your heart, mind, and spirit.

This engaging and indispensable guide—based on spiritual principles the author used to overcome dependency—teaches you how to cope effectively with toxic relationships and beliefs. Cunningham features excerpts from her “Ask the Slayer” column and personal anecdotes illustrating how she vanquished her own vampires. You’ll learn how to take responsibility for your life, establish strong boundaries, and arm yourself with an arsenal of self-knowledge and confidence. With the incisive wisdom in *Biting Back*, you’ll be equipped to defeat any Draculas you encounter.

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