

Is There A Psychopath In Your Life?

An Insider's Guide

By

Dr. Jeri Fink

Is There A Psychopath in Your Life?

Everybody has one.

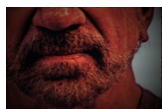
***Mack let the body drop to the floor, took a deep breath,
and savored the scent of fresh blood.***

I did you a favor," he grinned at the dead man.

From *Broken By Birth* by Dr. Jeri Fink with Donna Paltrowitz

Is There A Psychopath In Your Life?

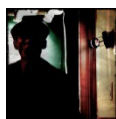
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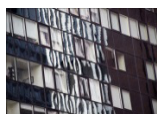
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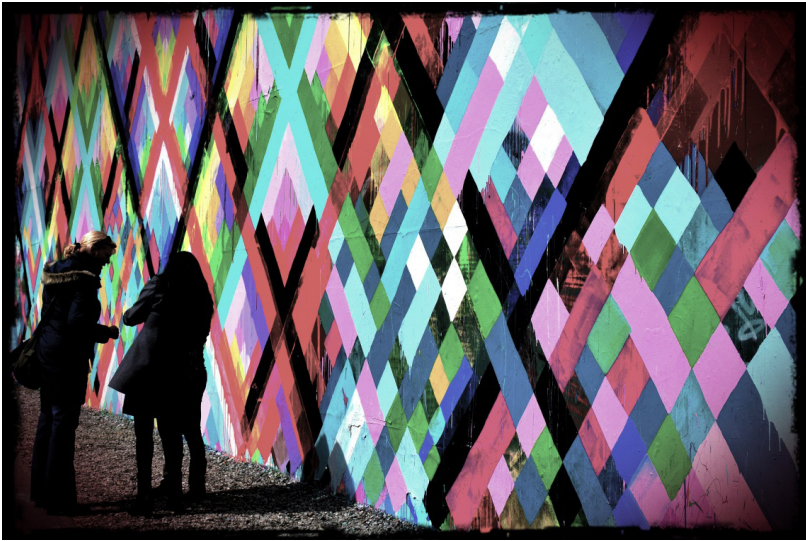
Welcome to The Spectrum



*“Mack,” Ayla cried, her wails reverberating across the room.
“How could you do this?”*

From *Broken By Truth* by Dr. Jeri Fink with Donna Paltrowitz

What's The Spectrum?



Few things in life are black and white. Most of us live in the muddy waters of gray – a little of this and of little of that - like The Psychopathic Spectrum.

The Psychopathic Spectrum is a scale that measures the number of psychopathic traits in an individual. As in any scale, a person can have a few traits (mild) to so many traits it dominates their personality and behavior. Serial killers fall at the extreme range of The Spectrum. A stubborn lover who always has to get his way, inside or outside the bedroom, doesn't care what his partner needs or wants, may *be* a psychopath on the milder end of the spectrum.

In today's world, having psychopathic traits is not always a bad thing.

"Psychopath up," says Dr. Kevin Dutton, a renowned expert on psychopathy. "A bit of localized psychopathy is good for all of us."

Huh? Your first reaction might be that Dutton, a highly respected research psychologist from Oxford University, and author of *The Wisdom of Psychopaths: What Saints, Spies, and Serial Killers Can Teach Us About Success*, might have had one too many servings of bangers and mash.

Think again.

Psychopathic traits fall on a scale that balances frequency and severity. Some of the most distinctive traits are ruthlessness, fearlessness, ability to charm and manipulate others, and lack of empathy and conscience. Let's flip that. What if ruthlessness translates into decisiveness; fearlessness into coolness under pressure; manipulation into charisma; and lack of empathy and conscience into the ability not to take things personally?

Dutton calls it *functional psychopathy*, which has more to do with *how* psychopathic traits affect an individual rather than their actual existence. Simply put, a *functional* or *good* psychopath can be very useful in today's world – the kind of person you might need someday.

Ask yourself a few questions. Do you want a ruthless (decisive) CEO to run the company where you own stock or someone who can't make up his or her mind? If there's a bomb scare, do you want it investigated by someone who is terrified or someone who is cool under pressure (fearless)? Do you want a President who can use his charm to manipulate leaders of Congress into taking action or someone so worried about what everyone thinks that nothing ever gets done?

There's a lot of research on these questions. If psychopathy is not an "all or none" condition, and most psychopaths are *not* violent, maybe we all need to rethink The Spectrum. We don't want Ted Bundys and Jeffrey Dahmers in our midst but what about tough business leaders, thick-skinned politicians, and Navy Seals who go in and get the job done?

We live in shades of gray that might be good, bad, or something in-between. It's particularly clear in human behavior. Neither good or bad actions totally define you (unless you're a serious criminal). You make simple and complex choices on a daily basis – should you continue a one-sided relationship; is that chocolate chip cookie worth breaking your diet; is it better to side with the boss instead of your peers? Each decision comes with the weight of conscience and empathy – you're sad about the relationship, you feel guilty about the cookie, and you identify with the workers.

The good psychopath is free of these extra emotional weights – able to get the job done without worry. It might not be so bad to have them in the right time or place.

"These guys might want to sting us," Dutton says, "but they might also save our lives."

The five most important things you need to know about The Psychopathic Spectrum

1. **Most psychopaths are *not* murderers.** They're all around us – often successful in careers from blue-collar to high level executives and professionals.
2. **Psychopaths on The Spectrum are everywhere.** They come from all races, cultures, and socioeconomic classes. They have all levels of intelligence, from below average to genius. They grow up in single parent homes, two parent homes, and foster homes. Intelligence, opportunity, and getting a good start in life enable one to achieve a more functional life with fewer psychopathic traits. In contrast, low intelligence, child abuse, sexual abuse, and trauma make it more difficult.
3. **You've already met someone on The Spectrum.** Some researchers say that 1-2% of the population is on The Psychopathic Spectrum. Others feel it's closer to 4-6%. Although the percentages are statistically low, when you consider the entire U.S. population, that's nearly 2 million people on The Spectrum.
4. **They're all around us.** Dr. Robert Hare, author of *Snakes in Suits: When Psychopaths Go to Work*, writes, "Everybody has met these people, been deceived and manipulated by them, and forced to live with or repair the damage they have wrought." Psychopaths on The Spectrum are everywhere. We idolize fearless, powerful people in business, law, politics, and other professions. We work with them, make love with them, live next to them, and go to parties with them.
5. **Does someone *without* a conscience, like a psychopath, stand out?** Having a conscience *defines* us. We assume that everyone has a conscience. People don't recognize psychopaths because the idea of no or limited empathy, emotions, guilt, or regret is beyond a normal imagination – especially when you're thinking about a friend, family member, co-worker, neighbor, or lover.

Can you spot a psychopath?

A Quiz



*Moeda moaned. "He's evil," she whispered.
"No conscience. No empathy. No remorse."
She ran the words together like a column of numbers.
"He has no feelings." Then she paused,
as if that was his greatest crime.*

From *Broken By Birth* by Dr. Jeri Fink with Donna Paltrowitz

The Quiz



Not all psychopaths are murderers and not all murderers are psychopaths. There are a lot of psychopaths out there who aren't physically violent. There are also a lot of people who have some (but not all) psychopathic behaviors (see The Psychopathic Spectrum). Can *you* spot a psychopath? Read the questions below and choose the answer that you believe best describes a psychopath. Check your answers at the end and add up the correct ones to see how you rate.

1. What does gender have to do with it?

- a. Most psychopaths are male.
- b. Most psychopaths are female.
- c. Psychopaths are equally divided between men and women.

2. What does a psychopath look like?

- a. Scary and unfriendly
- b. Tongue-tied and embarrassed
- c. Normal

3. Which profession is more likely to appeal to a psychopath?

- a. Social worker
- b. Attorney

4. How do psychopaths see the world?

- a. They know right from wrong.
- b. They don't know right from wrong.
- c. They know right from wrong but don't care.

5. What percentage of the population is on The Psychopathic Spectrum?

- a. 1-6%
- b. 10-12%
- c. 24-28%

6. What percentage of the population are violent psychopaths?

- a. 1%
- b. 12-14%
- c. 26-30%

7. Psychopaths are:

- a. Curable
- b. Incurable

8. Which profession is more likely to appeal to a psychopath?

- a. CEO
- b. Nurse

9. Which popular TV character is supposed to be a psychopath?

- a. Dr. Meredith Grey of *Grey's Anatomy*
- b. Alicia Florrick of *The Good Wife*
- c. Dexter Morgan of *Dexter*
- d. Mr. Bates of *Downton Abbey*
- e. All of the above

10. Which popular movie character is supposed to be a psychopath?

- a. Jordan Belfort in *The Wolf of Wall Street*
- b. Hannibal Lecter in *Silence of the Lambs*
- c. Henry in *The Good Son*
- d. Anton Chigurh in *No Country for Old Men*
- e. All of the above

11. If you think a co-worker or friend is a psychopath you can:

- a. Spot him or her a mile away
- b. You're more likely to blame yourself for any problems between you

12. Which is easier?

- a. Live life with a conscience
- b. Live life without a conscience

13. What did Richard Ramirez, the serial killer and rapist known as *The Night Stalker*, say to reporters after he was sentenced to death?

- a. "This isn't fair – I didn't hurt no one"
- b. "You have the wrong man"
- c. "See you in Disney Land"

14. Which novel reveals the true nature of a psychopath?

- a. *Misery* by Stephen King
- b. *Along Came A Spider* by James Patterson
- c. *Broken By Truth* by Dr. Jeri Fink with Donna Paltrowitz
- d. All of the above

15. Is *The Bad Seed* (movie and book) about:

- a. Murder
- b. A psychopathic child
- c. Haunted family trees
- d. All of the above.

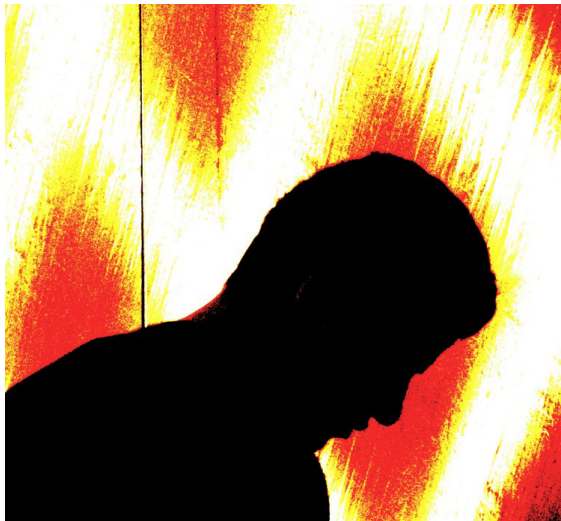
Answers:

1 a, 2 c, 3 b, 4 c, 5 a, 6 a, 7 b, 8 a, 9 c, 10 e, 11 b, 12 b, 13 c, 14 d, 15 d

12-15 correct answers: You've been watching too much *Criminal Minds*

6-11 correct answers: Does your boss, lover, or significant other have a killer instinct you can't see?

5 or below correct answers: Better be careful - look around you!



Hiding in Plain Sight

Psychopathic Traits

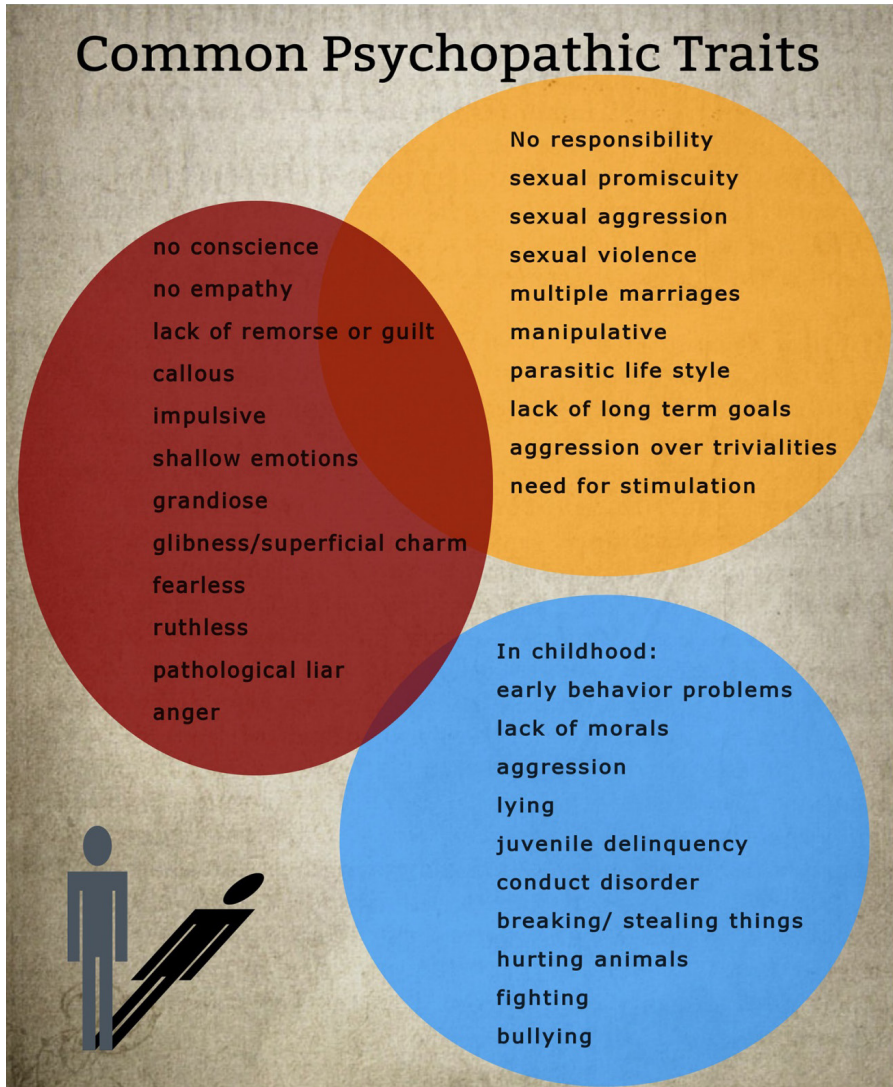


"I like to kill." He grabbed both of her hands and squeezed until they hurt. "I like the smell of blood. Understand?"

From *Broken By Birth* by Dr. Jeri Fink with Donna Paltrowitz

What does a psychopath look like?

There are many possible psychopathic traits in an individual. The following chart shows some of those traits. Remember, each psychopath is different – it depends on where he or she falls on The Spectrum, and the specific manifested traits.



What would a *functional* psychopath do?

A Quiz

Below you'll find a series of psychopathic traits. Each trait is followed by three behaviors. Can you choose what a functional or good psychopath would do? The answers are at the end.

1. Fearlessness

- a. A CEO ignores his board of directors and makes a critical decision.
- b. A CEO tries to convince his board of directors that they should agree with him.
- c. A CEO appeals to the stockholders to say what a good man he is.

2. No empathy

- a. A politician calls a town meeting to explain why it's necessary to close a local school.
- b. A politician closes a local school and announces it after the fact.
- c. A politician keeps a local school open even though it should be closed.

3. Ruthlessness

- a. An office worker refuses the higher paying job because his colleague needs the money.
- b. An office worker grabs the higher paying job even though he doesn't need the money.
- c. An office worker refuses the promotion because there's not enough status.

4. Grandiosity

- a. A salesperson refuses a new job because she knows she's not qualified.
- b. A salesperson accepts a new job but explains she has a lot to learn.
- c. A salesperson accepts a new job even though she knows she's not qualified.

5. No conscience

- a. A man cuts down his neighbor's favorite tree without asking.
- b. A man discusses cutting down his neighbor's favorite tree.
- c. A man asks permission to cut down his neighbor's favorite tree.

6. Need for stimulation

- a. The father of young children buys fireworks for July 4 because it's fun.
- b. The father of young children refuses to buy fireworks for July 4.
- c. The father of young children watches public fireworks in the park on July 4.

7. Impulsivity

- a. A college student refuses to go to a party because it might get out of hand.
- b. A college student refuses to go to a party because she doesn't like the people
- c. A college student refuses to go to a party because she found a better one.

Answers: 1a, 2b, 3b, 4c, 5a, 6a, 7c

These answers don't need any explanation. We all live, work, play with, and love psychopaths on The Spectrum who are in our lives.

"We would make love," she smiled, "crazy, wild love. He took me to places that I never knew existed. When we finished he'd smile and say, 'Thank you. Thank you. Thank you.' I thought it was so cute – boyish for such a powerful man. I never guessed that it was a skillfully executed performance.

From *Broken By Birth* by Dr. Jeri Fink with Donna Paltrowitz

What's The Cost?



I return to the fire. It hugs me; orange fingers curl around my hands and arms and legs and chest. Wild flames fill me and power me. There's no stopping me.

From *Broken By Evil* by Dr. Jeri Fink with Donna Paltrowitz

The facts are sobering. It's estimated that 1% of the population is on the severe end of The Spectrum – while a total of 4-6% lay someone along the way. Based on the U.S. Population of 316.1 million people, there are almost 2 million people on The Spectrum. These numbers are conservative! Researchers Kiehl and Hoffman, in their extensive analysis of the cost of psychopathy, wrote in *Jurimetrics* that “psychopaths alone are responsible for approximately \$460 billion per year in criminal social costs.” The number doesn't include indirect costs like hospitalization and treatment for victims. Kiehl and Hoffman compared psychopathy to other annual societal costs:

Societal problem	Cost
Psychopathy	\$460 billion
alcohol/substance abuse	\$329 billion
obesity	\$200 billion
Smoking	\$172 billion
Schizophrenia	\$79 billion

“The psychopath,” Kiehl and Hoffman wrote, “has hidden himself since he emerged with the rest of us, 200,000 years ago.”

You don't have to look past the crime statistics to understand why the cost is so high. Psychopaths are up to 25 times more likely to commit crimes than non-psychopaths. When released, they are 8 times more likely to commit new crimes. In a strange twist, since so many psychopaths know how to charm and manipulate the system, they're nearly 3 times more likely to secure early releases from prison than non-psychopaths.

What about the rest of us who are more likely to blame ourselves for the problems created by the psychopaths in our lives? Who picks up the pieces when the elderly get scammed out of their life savings? How many of the ruthless investors who triggered The Great Recession was ever punished? Will we ever stop making peace with psychopathic leaders around the world because we need their trade deals?

Is it human nature to be willingly conned by the psychopaths in our lives?

Psychopaths at work



The Senator was silent, aroused by her anguish.

From *Broken By Birth* by Dr. Jeri Fink with Donna Paltrowitz

Is “psychopath” in your resume?



Most people think of psychopaths as those creepy guys from *Criminal Minds* who torture, murder, and store their victim’s heads in the refrigerator. There’s a lot more to it than that.

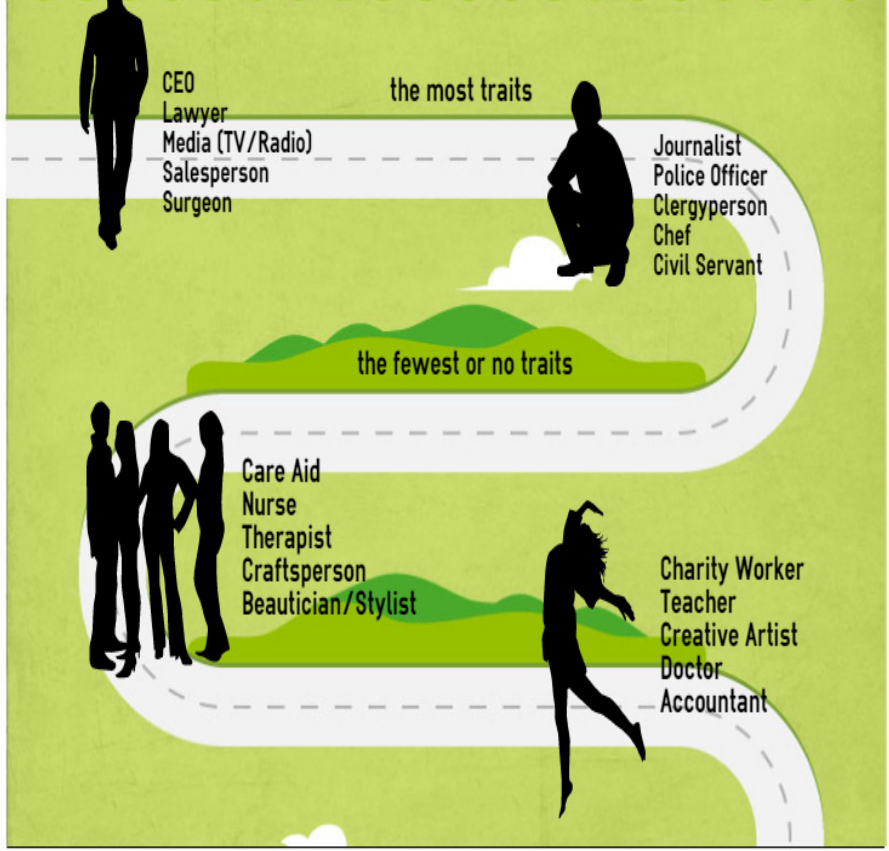
Psychopathic traits fall on a *spectrum* – a scale that balances *how much* and *how bad*. Think of it like this – psychopaths are known to be ruthless, fearless, have the ability to charm and manipulate others, and lack empathy and conscience. Add shallow (or no) feelings, high tolerance for stress, superficial character . . . well you get the idea.

What if you have no empathy and easily push people out of your way to get ahead at work, while at home you’re a loving spouse? Maybe you argue endlessly with your neighbors while at home you’re a gentle, patient parent? What if ruthlessness translates into decisiveness; fearlessness into coolness under pressure; manipulation into charisma; and lack of empathy and conscience into the ability *not* to take things personally?

Perhaps it’s not so bad to have “psychopath” in your resume. Just don’t write it in the job description.

Dr. Kevin Dutton, author of *The Wisdom of Psychopaths: What Saints, Spies and Serial Killers Can Teach Us About Success*, calls it “functional psychopathy. If you have only psychopathic traits you’d be like the serial killers on TV. If you have only a few very useful traits, it might help you become successful. A functional or “good” psychopath can be very important in today’s world – the kind of person we might need. Which professions (other than serial killers) have the most – or least – psychopaths? Where do you fit?

Jobs and Psychopathic Traits



U.S. Presidents on The Spectrum

In some jobs, psychopathic traits mean success. Functional psychopaths, with the right combination of traits, can rise to the top of their fields. With this in mind, Dr. Scott Lilienfeld and Dr. Steven Rubenzer conducted a study on the best (although many think it's the worst) job in the country: Commander-in-Chief.

They distributed personality tests to presidential historians and scholars of every U.S. President, up to George W. Bush. The experts “answered” for their subjects. Lilienfeld and Rubenzer combined personality and performance to estimate psychopathic traits.

The critical factor was “fearless dominance” – defined by boldness, charm, dominance, ability to take control, and coolness in crisis. They were correlated with higher ratings of performance, leadership, persuasiveness, crisis management, and congressional relations. Below are the results. Who would have guessed that the “Rough Rider” and “Teddy Bear” dominated?

Top Ten Presidents With Fearless Dominance

- 1. Theodore Roosevelt**
- 2. John F. Kennedy**
- 3. Franklin D. Roosevelt**
- 4. Ronald Reagan**
- 5. Rutherford B. Hayes**
- 6. Zachary Taylor**
- 7. Bill Clinton**
- 8. Martin Van Buren**
- 9. Andrew Jackson**
- 10. George W. Bush**

Entertaining Psychopaths



*I speak but flames eat words. I open my mouth
and fire comes out.*

From *Broken By Evil* by Dr. Jeri Fink with Donna Paltrowitz



Most people don't act like psychopaths. A lot more people wish they could – at least some of the time.

Psychopaths don't care – they don't worry about what others think or say. They don't feel guilt or responsibility, do whatever they please, and charm, manipulate, and coerce others into doing what they want.

Sounds good. Most of us would probably like to be a *little* psychopathic – it would make life a lot easier. If it's not in our DNA we do the next best thing – live vicariously through the callous, powerful villains on TV, in the movies, and in books. It accounts for our love of treacherous, murderous, lying, manipulating, and ice-cold anti-heroes. Consider Walter White in *Breaking Bad* or Dexter Morgan in *Dexter*. Add the thrill of being terrified in a safe place (home or movie theater with popcorn in hand) by the evil unsubs in *Criminal Minds* or other human monsters, and the deal is sealed.

We love to hate them . . . and hate to love them. Our movies, TV, and books are filled with them.

What gives?

Research has shown that most people enjoy the tension created in mystery and horror. They key in on what's relevant – from the fear of a dark neighborhood or creaking stairs in a too-quiet house. The best part is that it's all fiction – the psychopath won't be climbing into your window.

You hope.

Freud said that these urges came from a primitive id that had to bypass a more civilized mindset. Others say people love to be scared because of everything from societal fears to the breathless excitement of imminent or perceived danger.

Who knows? Ironically, in a recent study, Dr. Leistedt and Dr. Linkowski researched whether these fictional characters give us the real picture. Do we watch or read the real thing or highly crafted stories? They concluded that while the depiction of psychopaths has become more accurate in recent years, it's still mostly fiction.

In other words, the maniacal laugh, emotional outbursts, and falling in love with beautiful blondes is only on the screen. Psychopaths are cold, unaffected by others, narcissistic, and excellent manipulators. Simply put, sweet *Dexter* doesn't make the "credibility" cut while Anton Chigurh, in *No Country For Old Men* is the real thing. *Criminal Minds* has a somewhat sloppy track record while *Law and Order* is usually off course. Move over, Hannibal. We love you anyway.



Six Classic Movies with Realistic Psychopathic Characters

No Country for Old Men

The Lovely Bones

A Clockwork Orange

Henry: Portrait of a Serial Killer

Cape Fear

American Psycho

Six Television Series With Somewhat Realistic Psychopathic Characters

Mad Men

Criminal Minds

House of Cards

The Sopranos

24

CSI

If you want to get the “real” deal, crawl into your favorite chair and check out these books:

My Favorite Books About Psychopaths

Fiction

24 Hours by Greg Iles
The Shining by Stephen King
The Bad Seed by William March
A Clockwork Orange by Anthony Burgess
Monster by Jonathan Kellerman
The Alienist by Caleb Carr
Fishkicker by Margaret Mendel
Hannibal by Thomas Harris
The Executioner's Song by Norman Mailer
Gone Girl by Gillian Flynn
American Psycho by Bret Easton Ellis

NonFiction

Without Conscience: The Disturbing World of the Psychopaths Among Us by Robert Hare
In Cold Blood by Truman Capote
Columbine by Dave Cullen
The Anatomy of Evil by Michael H. Stone
Snakes in Suits: When Psychopaths Go To Work by Paul Babiak
The Wisdom of Psychopaths: What Saints, Spies, and Serial Killers Can Teach Us About Success by Kevin Dutton
Shot In The Heart by Mikal Gilmore
A Father's Story by Lionel Dahmer
Ghosts From The Nursery: Tracing the Roots of Violence by R. Karr-Morse & M. Wiley
The Sociopath Next Door: The Ruthless Versus the Rest of Us by Martha Stout

Killer Psychopaths



Simao circled me like an animal trapping his prey. He smiled, spittle on his lips. “Ahhh,” he grunted, his snakelike blue eyes piercing my soul. His thick, heavy fingers moved in a sickening dance. He pinned my arms behind my back and forced me down into the dust. Then he roared like an animal . . .

From *Broken By Men* by Dr. Jeri Fink

Yesterday's killers

There were killer psychopaths long before we had a name for them. From Queen Anula, 50-47 BC who poisoned her son and four husbands to reign over what is now, Sri Lanka to Jeffrey Dahmer, who raped and dismembered over 17 men and boys, there's no shortage of killer psychopaths. These are the people that fall on the far end of The Psychopathic Spectrum – the ones that murder, torture, rape, mutilate, and often keep souvenirs.

"Do you trust me?" He asked.

She nodded.

He held her at the edge of the cliff. "Let's see how much."

He grabbed her under the armpits, lifted her off her feet, and dangled her over the edge. It was a drop of hundreds of feet of exposed rocks, jagged trees, and razor-sharp edges.

"I own you," he said evenly. "The only thing between your life and death is me."

From *Broken By Birth* by Dr. Jeri Fink with Donna Paltrowitz.

Below are some psychopathic killers with very colorful names. Ever wonder why we like to give them such media-friendly titles?

The Night Stalker

Son of Sam

The Iceman

The Killer Clown

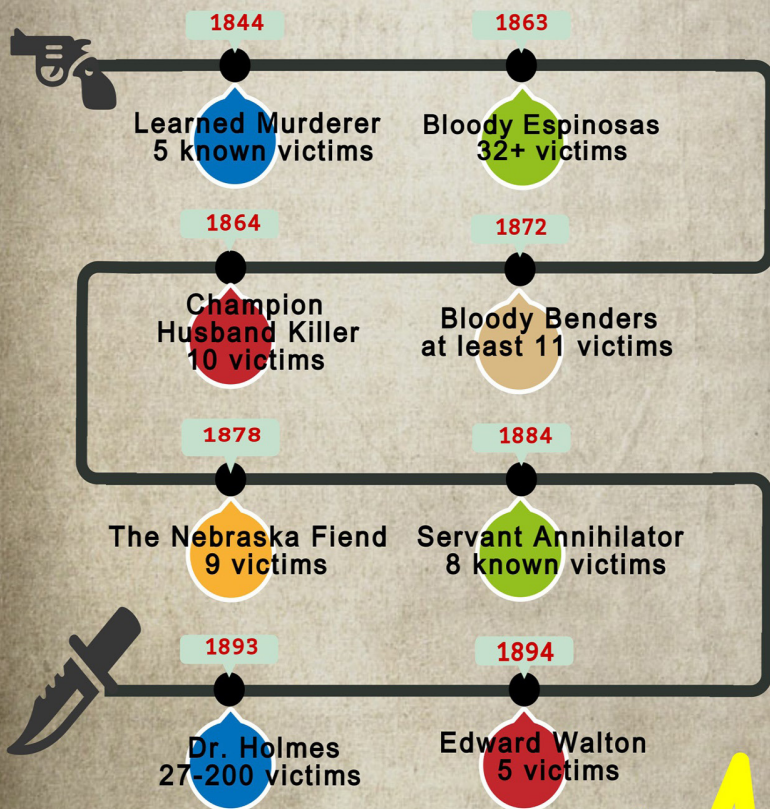
Dr. Death

The Hillside Stranglers

The Tool Box Killers

The Eyeball Killer

19th Century Forgotten Psychopathic Killers



The real names of those 19th Century Forgotten Psychopathic Killers

Learned Murderer: Edward Rulloff

Bloody Espinosas: Felipe and Jose Espinosa

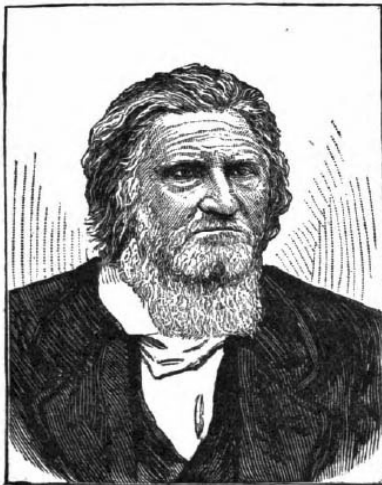
Champion Husband Killer: Lydia Sherman

Bloody Benders: Ma, Pa, John Jr., and Kate Bender

The Nebraska Fiend: Stephen Richards

Servant Annihilator: a.k.a. Austin Axe Murderer [real name unknown]

Dr. Holmes: Herman Webster Mudgett



OLD JOHN BENDER.



MRS. JOHN BENDER.

Pa and Ma Bender

Twenty Notorious Modern Killers and Their Body Counts

1. Ted Bundy, *The Lady Killer*, 14+ murders
2. Martha “Patty” Cannon – 11 murders
3. Belle Gunness, *Black Widow of the Heartland*, 42 murders
4. Jeffrey Dahmer, *The Milwaukee Cannibal*, 17+ murders
5. Nannie Doss, *The Giggling Grandma*, 11 murders
6. James Eagen Holmes, *Aurora Movie Theater*, 12 murders
7. John Gacy, *Killer Clown*, 33+ murders
8. Seung-Hui Cho, *Virginia Tech Massacre*, 32 murders + himself
9. Joshua Jenkins, age 15, 5 murders
10. Eric Harris/Dylan Klebold, Columbine shooting, 13 murders + themselves
11. Nidal Malik Hasan, *AbduWali Fort Hood*, 13 murders
12. Richard Kuklinski, *The Iceman*, 100+ murders
13. Adam Lanza, *Sandy Hook Elemenary School Massacre*, 27 murders + himself
14. Jesse Pomeroy, *The Boy Fiend* (he was 10 years old), 10+ murders
15. Dorothea Puente, *boarding house poisoner*, 9+
16. Dennis Rader, *BTK Killer*, 10+ murders
17. Gary Ridgeway, *The Green River Killer*, 49+ murders
18. Patrick Sherrill, *Post Office Murders*, 14 murders + himself
19. Charles Whitman, *The Texas Tower Sniper*, 16 murders
20. Aileen Wuornos, 7+ murders

Broken Psychopaths



*I begged my husband to stop. He started to laugh - maniacally
- and punched me again. Then he knocked me to the floor,
wrenched up my skirts and kicked me. I tried to crawl away
but he grabbed me and roared drunken curses
while our son cheered.*

From *Broken By Madness* by Dr. Jeri Fink

Who is Joshua Jenkins? An Author's Tale

Most people have forgotten the teenager or never heard of him. I used to be one of them.

It was a lovely day in Los Angeles. I had just flown in from New York to visit my friend, Fern. One of our favorite pastimes was to swap stories – everything from local people to major events.

Fern asked me if I knew about Joshua Jenkins.

“Who?”

“Joshua Jenkins. He used to live in my neighborhood.”

“You never told me that one,” I frowned.

Fern took a deep breath. “He’s the 15-year old kid who murdered his parents, grandparents, and sister.”

“What?”

“He was always a strange, troubled kid,” Fern continued. “But no one saw *that* coming.”

One night, Joshua took a hammer and knife and killed his parents. He then turned to his grandparents and killed them. The next day, he took his little sister, 10-year old Megan, who had slept through everything, to a home supplies store. He told her to pick out an ax. They returned home and he killed her with it.

Then he set everything on fire.

In a statement made to the police right after the murders, Joshua calmly explained why he killed his family. “The world’s really messed up and I didn’t really want them to live in it anymore . . . too much gangs . . . too much problems . . . too much hate.”

“Do you believe it?” Fern asked breathlessly.

I was very quiet. Too quiet.

As an author, I recognized the symptoms. Sometimes a face, a name, or a story creeps into your imagination and takes hold. It begins to grow, taking on fictional dimensions, and a new story evolves. Joshua’s story developed through my work as a Family Therapist – I had to understand *why* a teenager would suddenly morph into a mass murderer.

Fern *felt* my silence.

“No,” she said nervously. “You’re not going to write about him?”

It was too late.

Now, over seven years and eight books later, I did a lot more than write about Joshua Jenkins. I studied psychopaths, interviewed experts, explored forensic science, mentally revisited my own psychopathic patients, and viewed videos – confessions, manifestos, interrogations - trying to understand the nature, behavior, and genesis of psychopaths. It became clear, through popular books, movies, newspapers, magazine articles, and online sites, that people were fascinated with these extreme killers. I even discovered a psychopathic in my own family tree.

The most sobering thing I learned was that most psychopaths aren't violent; many have psychopathic *traits* – they live, work, and play with us.

In an interview with psychiatrist Dr. Paul Strauss, after the murders, Joshua said matter-of-factly, “I feel sad. I miss my family, but I kind of think I did the right thing. If my aunts and uncles were there, I'd have wiped them out too.”

Clear, easy words. No feeling, no empathy. No conscience.

The hallmarks of a psychopath - totally devoid of responsibility or guilt; moving through life like a human monster who appears normal but beneath the surface simmers true evil. My books don't just explore murders – they go forward and back in time – to ponder the nature and nurture of people like Joshua. I had to know *why* – I had to dig deep into the heart of human nature to see how people like Joshua emerge from haunted family trees.

It was a trip that changed me forever.

Today, Joshua Jenkins languishes in a California prison, living out a sentence of 112 years in prison without parole.

“There are some kids that are broken,” Jeff Reilly, Joshua's lawyer, said. “Josh is a broken child. He didn't choose to be broken; he didn't break himself, but . . .”

Read the fictionalized account of Joshua, haunted family trees, photo insights, twisted psychopaths, and their journeys through time.

Broken Books

Haunted family trees, chilling photo insights, and twisted psychopaths burst into life. The Broken Books reinvent the thriller – blending fact, fiction, and photos into riveting stories you'll never forget. Click [here](#) to purchase in ebook, print (black & white), and collector's edition (full color print).

Amazon #1 Bestseller!



Evil rises. Mack aimed the white gun at the stage. The shot blasted through the studio, reverberating off lights, cameras, and booms. For an endless moment no one moved. A red hole appeared on her forehead. Her eyes widened in confusion as blood spattered her cream-colored Armani suit . . .

Broken By Truth

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Evil is born. Joshua enters the world in a gritty basement apartment beneath the shadow of an old water tower. He was beaten, neglected, and by the end of his first day of life, abandoned. Joshua's bone-chilling story is followed from the womb through foster care, and into the terror of his forever home.

Broken By Birth

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Evil Grows. Everyone is terrified of Joshua. Drowned cats, dissected squirrels, and burning dogs are his playthings. No one knows what the child thinks or will do next. The Senator, Aldi and Cal, Sage, and Grandma Espie, among others, return in this blood-curdling thriller.

Broken By Evil

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Go back in time and meet the ancestors of Joshua, Sage, Hanya, and Grandma Espie. See where it began in Old New Amsterdam, and earlier in the horrors of 15th century Spain, Portugal, and Africa.

Coming Soon: *Broken: The Prequel*

About Dr. Jeri Fink



Psychopaths. They've always been on my radar. As a Family Therapist, New Yorker, and Author, I grew up in a metropolitan area with 20 million people. It's estimated that 1-6% of the population are on The Psychopathic Spectrum - about 600,000 in my neighborhood. I've worked with them, treated them, studied them, and loved them.

In my 26 books and hundreds of articles, nothing hits home closer than psychopaths. My six- book thriller series, *Broken*, tracks psychopaths from bloody murderers to regular people with ugly behaviors.

J. Marziliano writes in her review, "Who is more of a monster? The psychopaths raising their children? The women who gave them up? The "helpful" doctor who exploits their stories on live TV? . . . it's a thrilling read."

I answer those questions and more - re-inventing thrillers with fact, fiction, and *photography*, where some psychopaths kill with their hands and others with their minds.

They're all broken.

Please visit me at my website, www.hauntedfamilytrees.com
for blogs about psychopaths, photo insights from the Broken series, and
more about the authors and books.