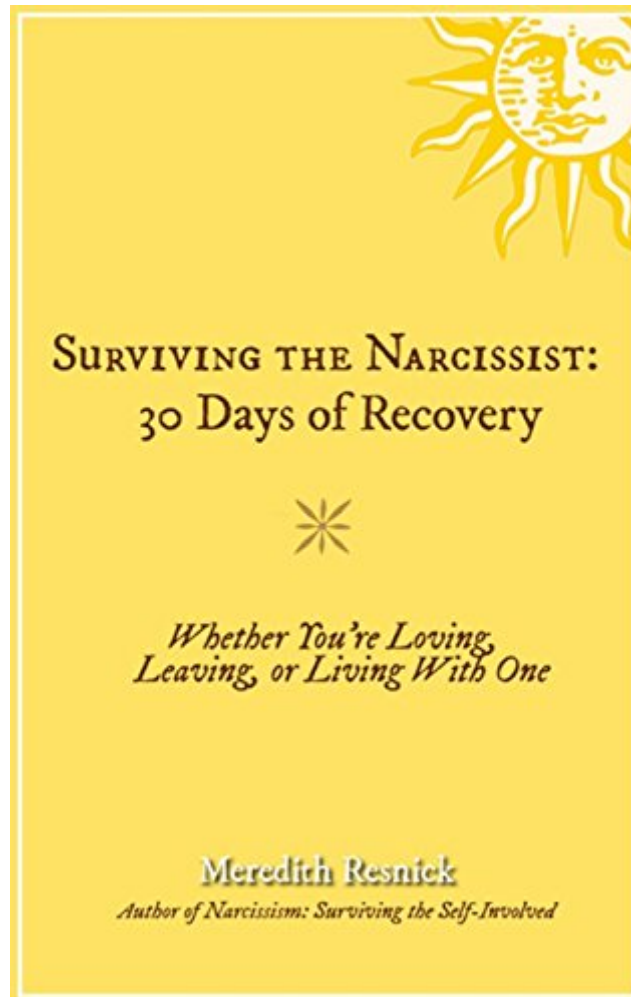


The book was found

Surviving The Narcissist: 30 Days Of Recovery: Whether You're Loving, Leaving, Or Living With One



Synopsis

Narcissism is an illness, a more or less incurable disease that, in some cases can be managed, if the individualâthe narcissistâparticipates in his or her own recovery. Instead of waiting for this to happen, or trying to make it happen, we can take the attention weâve showered on the narcissist and apply it to ourselves. *Surviving the Narcissist: 30 Days of Recovery*âWhether Youâre Loving, Leaving, or Living With One can help bring clarity to the process of letting go of a present-day relationship or one that has haunted you from the past. This book addresses the difficult and often surprising feelings that arise from letting go of the narcissist including sadness, anxiety, confusion, disbelief, anger, and numbness. Use the meditations, suggestions, and information in this book as a road map on your journey of overcoming the effects of narcissism. Revisit it in your recovery as you watch the changes take holdâinside you.

Book Information

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Customer Reviews

This little book is very helpful for anyone in relationships with other humans, narcissist or not. It's really about empowerment, knowing your own needs, and speaking up for those needs. It could be

helpful with a difficult boss, lover, friend, family member--anyone who challenges your self-worth.
Highly recommended :)

Beyond helpful with the insight on how to deal with a narcissist. I come from a narcissistic relationship background, and Ms. Resnick and her publications have been more than helpful on many occasions. I don't know what I would do without her knowledge. If you are in a narcissistic relationship or ever have been, this book is a must. Tiny but true!

A wonderful, helpful resource - so meaningful to those dealing with the challenges of living with a narcissist. The author offers support as reassurance with information that both helps and heals. There is no need to feel alone in the struggle.

This book confirmed for me the narc is indeed a narc, & that I am indeed a victim. It also taught me the most effective way to get him to leave me alone is to lose interest, ignore, & become bored with him.

Meredith Resnick has written an invaluable guide to moving past a destructive relationship -- specifically, with a narcissist. Her book is clear-eyed, comforting, and compassionate. Highly recommended for anyone going through a tough breakup.

Excellent and well written. Will be understood by anyone that needs to read it.....and anyone who didn't realize they NEEDED to read it! Surviving is the right title.

Very thoughtful and well done book designed to help on a day by day basis as you get over the narcissist!

Waste of money. Do not buy. It's almost like only part of a book. It's odd. It's full of really used phrases and catch alls. Kinda like a daily "chicken soup for the soul" inspirational calendar. But not inspirational. Or helpful. Whatsoever.

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