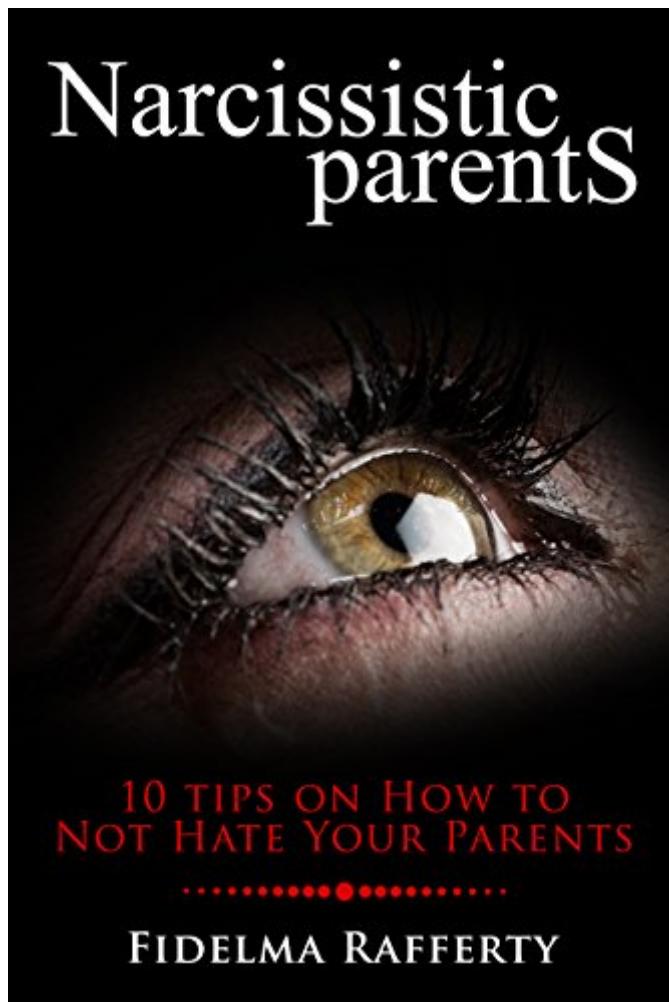


The book was found

Narcissistic Parents.: 10 Tips On How To Not Hate Your Parents. Toxic Parents,immature Parents. (Borderline Personality Disorder, Narcissistic Parent, ... The Narcissist Book2.Immature Parents.)





Synopsis

Narcissistic Personality Disorder DON'T LET ANYBODY TELL YOU HOW TO LIVE! A parent is usually a person who is loving, self-sacrificing, and devoted to their children. But for some, a parent is a self-absorbed, emotionally manipulative person determined to place their own needs above those of their children. Growing up with such a parent leaves deep, damaging scars that can last a lifetime. If you have grown up with a narcissistic parent and are dealing with the lasting effects of a self-absorbed caregiver, this book can help! Beginning with an in-depth description of Narcissistic Personality Disorder and its effects on parenting, you can begin to understand your parent's problems with narcissism and address them. This book will help you to work on building healthy relationships, both with your narcissistic parent and with others. You will begin to assert your own independence and shift your focus to healthier life. This book was written as a step-by-step guide to unraveling the emotional damage caused by the presence of a narcissistic parent. You will learn more about narcissism, what causes it, and how it continues. You will learn to address the destructive behaviors of your parent and how they interact with your own enabling behaviors. This book will give you the tools to break free of your parent's emotional manipulation, build confidence in yourself, and start to live your life for you! This book provides you with research-supported, tried-and-tested techniques that will change your life. Finally, it's about you. This book is all about finding your independence, and building a solid future based on your needs! Today you have an opportunity to get a powerful weapon to deal with your narcissistic parents, family, friends...

Book Information

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Customer Reviews

Narcissism is on the rise and the children of those who are self-absorbed are the people who suffer. This book will provide tried-and-true methods for addressing the needs in our relationships with our parent, navigating the difficult and complicated world of narcissism and coming out safely on the other side. This book contains useful information about narcissistic and some tips to help them cope up.

This book was pretty much as described. The author gives the excellent advice that laypeople simply are not qualified to distinguish people with NPD from jerks. This book will help you to work on building healthy relationships, both with your narcissistic parent and with others. The book was realistic, intelligent, very well written and quick to read.

If you are with a person who has this kind of disorder. Then you might really need a serious help. This book will open your eyes what type of person you are into. The book has put a good information for us to learn to. Why they are like that and what to do in order to understand them. Also this book teach us on how to defend ourselves to them. It is a wonderful thing a book like this exist.

This book will help you to work on building healthy relationships, both with your narcissistic parent and with others also will learn to address the destructive behaviors of your parent, also got tools to break free of your parent's emotional manipulation, build confidence in yourself !Amazing !!

I probably should have expected a somewhat simplistic approach, given a title like this (how to solve

a complex problem in 10 easy steps...), but I had hoped for more. Written to about a 5th grade level, and full of exclamation marks!, this book offers good advice but lacks the depth this topic really deserves. While I wouldn't argue with most of what it says, I also found it far too superficial to be of any help.

Most points illustrated with a personal experience. Discussion and actual concrete advice on recovery from the lack of self-esteem and the depression it causes. I love the insight of a social worker, though!

I think everyone has that phase when we feel so different from our parents, in worst cases that we are against them, that it's very important that we also help ourselves understand them. It's more than a mood but really looking inside them in a psychological way. This informative book helps a lot in understanding narcissistic parents and how to approach people who have this disorder. This book helps a lot in bridging the gap and building a better relationship with parents that is based on sensitivity, empathy and genuine concern.

This is a very important book which let you know about narcissism, its causes and how you can get rid of this. This book provide you different tools and tips which helps you to live with your narcissistic parents and understand them. Read, understand and apply these tips into your life for a strong relationship.

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