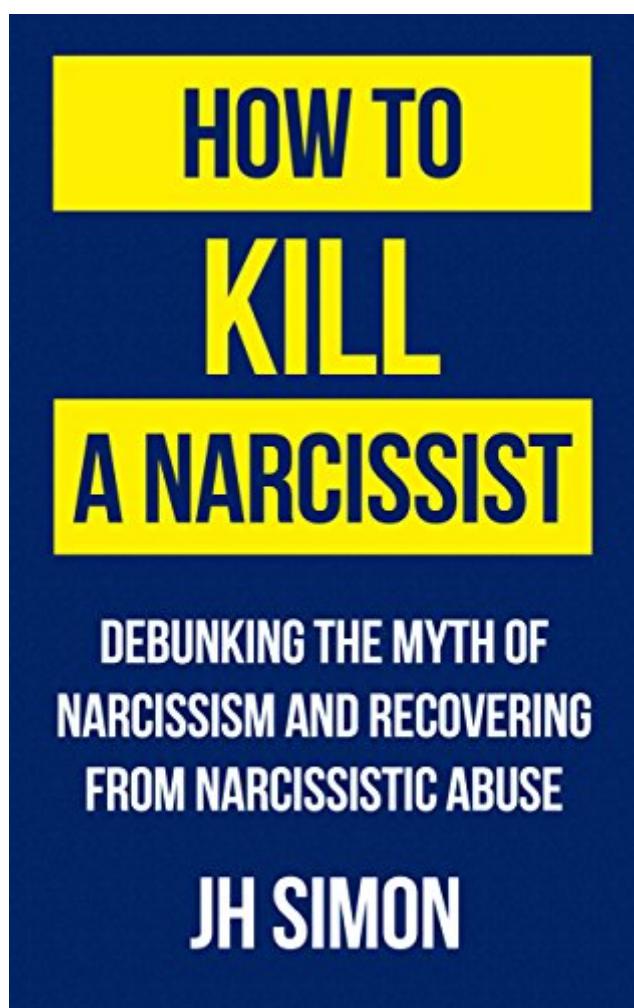


The book was found

How To Kill A Narcissist: Debunking The Myth Of Narcissism And Recovering From Narcissistic Abuse



Synopsis

Narcissism is an overwhelming and confusing topic. But when you reveal its mask, you see that it is basically a lie, told to those who are vulnerable. Narcissistic abuse, by nature, is designed to keep you trapped in shame-based vertigo. It doesn't just go away because you know it exists. Narcissism creates a set of beliefs, behaviours and paradigms in its target which must be changed from the inside. "How To Kill A Narcissist" is a book with two aims: 1. To reveal the rotten core of the narcissistic personality so you can see it clearly 2. To present you with an inside-out strategy for healing, recovery and freedom. Whether you are dealing with narcissistic parents, husbands, wives, friends, bosses or colleagues, the same philosophy will apply. After reading "How To Kill A Narcissist", you will:- Become aware of the damage narcissistic abuse has done to your psyche and how to heal it- See how the narcissist uses shame as a weapon to fool you into feeling inferior- Understand the playing field which narcissists thrive on and how to stop playing their game- Learn how the narcissist uses mind control to break down and rebuild your identity for the purpose of subjugation- Gain tools for disarming a narcissist i.e. starving them of their narcissistic supply- Have taken a closer look beyond the label of narcissistic personality disorder "How To Kill A Narcissist" takes an enlightening look at the dynamic between a narcissist and their target. It takes you on a deep journey and describes:- How we unwittingly qualify as targets of narcissists- The shame/grandiosity continuum and how the narcissist uses it to crush your self-esteem- The law of grandiosity and how it influences our relationships with the self-absorbed- The effect that narcissism has on its target including: toxic shame, a dissociated mind and a weakened ego- The obstacles which keep you trapped in a cycle of narcissistic abuse: the psychological cage, love starvation, low shame tolerance, guilt and conditioning to shamelessness. Using an inside-out approach, "How To Kill A Narcissist" presents the seven practices for recovery and healing: 1. Get allies: Boost self-esteem through limbic resonance 2. Give shape to your true self: Uncover disowned parts of the self and restore wholeness 3. Skill up: Empower yourself 4. Flex your muscles: Challenge the psychological cage and come out of hiding 5. Even the scale: Restore balance to your relationships 6. Boundaries: Foster a strong sense of self and firmly protect it 7. Scorched earth: Disengage from those who wish to manipulate you. Each practice is designed to instil you with independence, strength, emotional resilience and awareness while allowing you to cultivate balanced, loving relationships and pursue a life of passion. This is the art of killing a narcissist.

Book Information

File Size: 550 KB

Print Length: 185 pages

Page Numbers Source ISBN: 1520117671

Publication Date: August 17, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01KN1PUEQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #19,809 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8

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Customer Reviews

I've read a lot of books about Narcissism, this book goes much deeper into the how and why and covers new ground. An excellent book for someone who is seeking healing from narcissist relationships (partners and parents and employers) who has already read a lot of the literature and is looking for deeper information instead of a lot of personal stories.

I have read many books on narcissism, all of which I bought from .com This is the only book I feel that teaches you how to heal. Many books focus on being a victim and really do not help that much with recovery from narcissistic abuse.

I was becoming buried in a shame I didn't understand that was becoming more and more physically, emotionally and psychologically disabling. I found this book and it explained everything that was happening with a narcissistic associate. I couldn't put this book down. It validated and confirmed, analyzed and explained, and guided and instructed. I was able to take immediate action and felt a huge weight off my shoulders. I gave the hot potato back!

Very practical book concerning these noxious personalities.

Dead-on! New voice in dealing with the psychopath/narcissist. This one is a must for any survivor of a narcissist or anyone battling one. The seven practices are insightful and helpful.

pretty good read, I found it informative.

Short, easy read. Excellent material. Helped me a lot.

Somewhat simplistic. A good start.

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