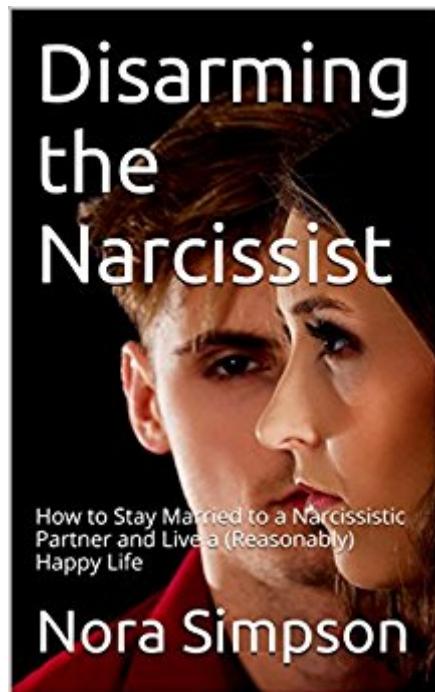


The book was found

Disarming The Narcissist: How To Stay Married To A Narcissistic Partner And Live A (Reasonably) Happy Life



Synopsis

NOTE: This book is NOT meant for people in physically abusive relationships. We cannot recommend staying in such relationships...Who the book IS directed at:Are you thinking that you may have married a self-serving narcissist or are in a committed relationship with one? Are you thinking it was probably a mistake, but extenuating circumstances (i.e. children, for example) make it difficult to just pack up and leave? Are you hoping for some advice in how you can "stick it out" and still be (reasonably) happy? This book will show that you are not alone. In this book, you will learn:- To understand who a narcissist is and why they do what they do- To identify the red flags and characteristics of a narcissist and how the author learned to deal with each- Why the author has decided not to leave her marriage to her narcissist- What the author discovered are necessary life changes to live with her narcissistic husband and still have a chance to be (reasonably) happy- What the author discovered is a necessary EMOTIONAL change in order to live with her narcissist and be (reasonably) happy- The extent to which the author's narc husband has responded positively to the changes, what has worked well, and what she has found to be an ongoing "work in progress" Get the book today before you wake up 17 years later (as the author did) and realize how much of your life you missed out on because you lived your life based solely on the "wants" of your significant other. Discover how to find renewed happiness by finding yourself!

Book Information

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Customer Reviews

This really helped me gain perspective on my expectations of being married to a narcissist. In reading other books including one called Disarming the Narcissist by a different author â€“ Which I also highly recommend â€“ I've learned a lot about myself and how my childhood has instilled in myself, certain tendencies that feed into my husband's narcissism. Nora was on point in all of her red flags and ways to cope. Although my husband isn't as high on the spectrum of narcissism and doesn't verbally/ physically abuse. Reading about other similar experiences gives the reader strength and hope for future happiness and/or acceptance whether it's staying married or getting a divorce.

I liked the things explained about narcissism, however it seemed like the author was somewhat negative throughout the book. She seems like she has learned to cope with life living with a narcissist, but not improve the healthiness of the relationship overall. But it was good to hear a real person talk about what worked for them.

I am very grateful to have found this book. I have searched and searched for articles, books, blogs, or any information I can find with tips on staying in the relationship with a narcissist but have found almost nothing until finding this book. Reading something other than "Get out now or you won't survive" from someone who's actually going through it and managing the relationship with success is beyond refreshing. This is the kind of information I really need.

I liked this book because it helped me to see things from the other perspective. I am a Narcissist. I love my wife dearly, and I'm trying to save my marriage. To see some of the pain I put her through is pretty unbearable at times, but I know I have to face it head on. I have so much regret. I hope it's not too late.

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Disarming the Narcissist: How to Stay Married to a Narcissistic Partner and Live a (Reasonably) Happy Life Narcissism: Easily Disarming Narcissists and Understanding Their Selfish Personality

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