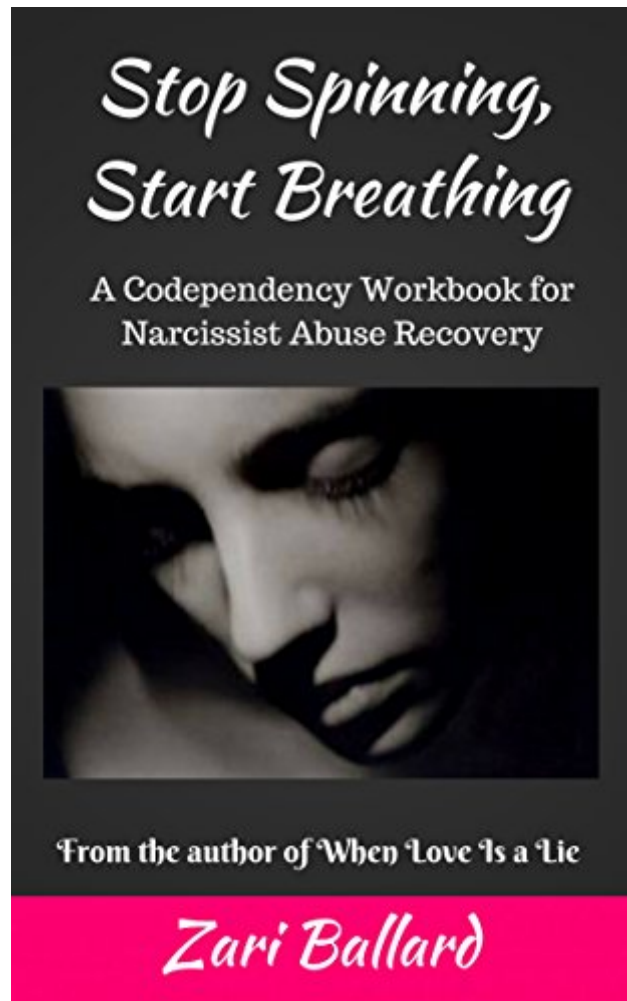


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# Stop Spinning, Start Breathing: A Codependency Workbook For Narcissist Abuse Recovery



## Synopsis

You don't have to wait until your relationship with a narcissistic and emotionally abusive partner is over to begin working on your recovery. *Stop Spinning, Start Breathing*, author Zari Ballard's companion (journal-style) workbook to *When Love Is a Lie*, is intended to be a guide towards recovery whether you're in the relationship or out of it, maintaining "no contact" or struggling with it, suffering through a silent treatment, and even while the narcissist is hoovering to get you back. The time to mentally break free from a narcissistic or sociopathic partner is now and it's never too early or too late to begin the process. This interactive 3-part workbook focuses provides thought-provoking ways to put the relationship in its proper perspective and speed up the recovery. When it comes to leaving an emotionally abusive relationship, the biggest obstacle is often that our memories keep us addicted to the very drama that we hate (and to the narcissist himself). We develop a relationship amnesia that turns into an agonizing codependency that inadvertently causes us to become the narcissist's enabler. Victims cling to the impossible, hoping that the relationship will get better or that the narcissist can be fixed or that, realizing the error of his ways, the narcissist will change on his own. It's a false hope that will waste years of our lives if we allow it. The truth is that a narcissist only returns to a relationship again and again to ensure that the victim partner never recovers from the pain and suffering - and for this reason alone, recovery must - and can - start from any point in your journey today. Whether you're in it or out of it, Zari's new workbook will help you put your own codependency and the toxicity of the relationship in its proper perspective. You can learn to make the right choices and to come to terms with your conflicting beliefs about the person that is hurting you. You can learn to manage the memories so that what you remember is the reality and not the fantasy. Once you do that, you will be able let go with much less sadness and life will begin to make miraculous changes! Scroll to the top to "Look Inside" this book

## Book Information

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## Customer Reviews

I have read every book I could get my hands on about this awful life . The pain and depression that happens after being thrown away by a disordered person is like no other. This book helped me focus on me and my healing. I was one that thought I would love him enough to make him stay. Through this book I learned to love me enough to let him go.

Although the author is not a professionally trained therapist, her observations about the behavior of narcissists and their victims are well worth reading, especially the sections on how to recover from codependency. She writes from her own experiences, and her advice and comments are very insightful. The advice on recovering from codependency is worth more than the price of the book. I have not found many other books on the relationships between pathological narcissists/social paths /psychopaths that offer solid and practical advice on how. codependent can recover from and stay away from such relationships in the future.

Zari and I met on an author's forum a few months ago, and she asked me to read and review this book. I gladly accepted, since I thoroughly enjoyed "When Love is a Lie."This book is straightforward and exactly what it sounds like. It is a workbook for people who have encountered narcissists, sociopaths, and psychopaths and have, for some strange reason, fallen in love. I wish that I had found this book or something like it when I, myself, was beginning to recover from a narcissistic ex.They charm and dazzle you into loving them, then feed off of your emotions like a vampire feeds from blood. The point Zari makes though, about "codependency to hope," is what makes this book an absolute must if you're looking for a way to heal. She shows that we are not madly in love with our exes (or our current narcissist partners), but instead, we are in love with the

idea of hope. HOPE that they will change. HOPE that we can change them. Zari uses journaling as a way for you to learn to cope with your history. She tells you that it's okay to want revenge; it's okay to remember the good times. But it's essential to remember the bad times, too. She gives you checklists and prompt questions backed by her own experiences AND her very own journal entries as examples. This is a wonderful book. I have to admit that I didn't do the writing, but I definitely considered each of her prompts and outlined a response in my head. Even now, 2 years out from my own narcissist, I appreciate the value of this book. Again, this book is targeted to people recovering from narcissistic partners. It may be too narrow for those just interested in the topic; I would recommend her other book, *When Love Is A Lie*, if you're more interested in the narcissist/sociopath/psychopath persona and associated destructive relationships.

Great Read! Informative! Validating! Wish I could say I'm not horrified at the behavior of narcissists, but Zari describes it so honestly. Thank you Zari for your contributions! They are most helpful! And she is 100% correct when she says those who haven't been involved with one, will not understand. Do not look to them. Especially with new agers. There is no way I could have "drawn this person to me" if I couldn't dream up the horrible exploitation, lies, cheating in the first place. He was drawn to my positive energy and enthusiasm! The narcissist I was involved with lured me over 4 months with lies before our first date. It can happen to anyone. They can put on the big fake VERY WELL! Their methods are very shrewd. They know when you have fallen for them and then WHAM! It is like a punch in the jaw. The behavior changes, etc. I accept that I didn't think what seemed like a small lie, would prove rotten character over all. Now, if someone lies, I won't hang around. Thanks again Zari! Took me 5 years to get out from under the non-human! Only because I do love, I do have empathy, I am loyal, etc.

This is perfect timing getting this book. I left in Oct 2015 and find it hard to stay no contact, because like Zari says with the relationship amnesia. The longest I ever made it was 4 days and was primarily thru texting. today I have 7 days no contact, and I am done responding to him because I know exactly where it will take me. He is now very far away but that doesn't seem to stop him. I'm just sick and tired of getting nowhere. I want to get better, and feel sad and empty everyday, but at least I have myself back and realize thru all the craziness that the contact is just going to set me back. Zari's book ( I have two) is exactly what I need. And *Stop Spinning and Start Breathing* is a true Godsend. It is such a big help going thru these exercises, as she gives her example first, but it helps you stay where you need to be, because it's so true how soon we forget or just cling to the

good eve if there wasn't much. I've only done a few exercises, yet I feel good about staying No Contact. That is my only hope to get thru this nightmare and get better so I can be happy again. Thank You so much Zari! And my heart goes out to anyone experiencing this , because I have never been through anything so horrible.

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