



29 Ways to Keep the Peace with the Narcissist in Your Life: Avoiding Overt and Covert Abuse from Narcissism and Narcissistic Personality Disorder (Transcend Mediocrity Book 103)

J.B. Snow

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It is likely that you downloaded this book because you are living with, working with or parent to a narcissist. They are critical, arrogant, aggressive, self-absorbed, manipulative, and difficult to deal with. After a short time period in the presence of a narcissist, you likely feel like you are in a crazy-making environment.

The reality is that most people become anxiety-ridden in the presence of a narcissist. If you are exposed to a narcissist for long enough, it is likely that you will end up with complex PTSD or trauma bonding as a result of the abuse, gas-lighting and manipulation that is characteristic of a narcissistic relationship. Women who are abused by a narcissist may experience Battered Woman Syndrome. A narcissist is wounded at their very core, and they often intentionally or inadvertently pass their wounding onto others.

A narcissist believes in only 1 thing: themselves. If you insist on having a relationship with a narcissist (or you have no choice but to have one), we will give you a list of things that you can do to avoid conflict in the presence of your narcissist. Because narcissists often resort to cruel, manipulative and tantrum-like behavior (they have the emotional development of a 1 or 2-year-old child), you will need to implement some tactics in order to keep yourself safe from verbal, emotional and physical violence. It is easy to be blindsided by a narcissist when you think that you have resiliency and detection skills to avoid being affected by a narcissistically injured person.

This ebook seeks to provide you with some tips to keep the peace within your relationship with the narcissist. It was written using tips from those who are in real-life relationships with narcissistic parents, children, and spouses. It is written to educate you on dodging the attacks from the narcissist, keeping private information private, keeping your finances separate from the narcissist, and protecting yourself in every way that you can from inevitable destruction in the path of the narcissist.

Included in this title:

- Trauma Bonding
- Narcissist: 13 Reasons to Leave

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