



Narcissism: Surviving the Self-Involved - A Little Primer on Narcissism and Self-Care

Meredith Resnick

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Contact with a narcissist can be at once exhilarating and confusing, hurtful and seductive. It can make you feel like you are losing your mind, yet without an understanding of why you feel that way. Some narcissistic people, many in fact, seem quite normal, welcoming, even nice. But betrayal often follows, and so does hurt. This little ebook can be used to help you recognize the many ways narcissism looks and how it seduces in relationships, friendships and at work. Understanding the disease of narcissism can also help the non-narcissist begin to heal. This ebook offers tiny but powerful suggestions to promote healing from the pain narcissism has inflicted. Sneak a glance (on your phone or other e-reader) when you need extra support as you work through your day, deal with emotions, and learn how to step back, and away, from the damaging effects of a narcissistic person.

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