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Alive Inside: How To Overcome Toxic Love And Narcissism In Relationships (Detoxify Your Life Book 2)



Synopsis

Do you feel like you're not good enough? Always feel like someone else's needs are more important than your own? Like you're not really a "REAL" person? Does someone in your life make you feel crazy? Ever feel like you're dead inside? Many victims of narcissistic abuse report that they feel numb and emotionless - dead inside. If you answered yes to any of these questions, you might be in a relationship with a narcissist. Just like the psychological and emotional injuries that are a result of being in a toxic relationship with a narcissist, you can't tell that a person is stuck in a narcissistic relationship unless you happen to be a personal witness to the behavior of the narcissist. You can't always see the scars of a victim of narcissism. Narcissism and narcissistic personality disorder can wreak havoc on the lives of anyone involved with the people affected by these psychological conditions. Whether you're a family member, friend or a romantic partner, becoming a "narcissistic extension" leads to your becoming the primary source of narcissistic supply. This book offers an in-depth guide to surviving and thriving during and after life with a narcissist, in whatever degree necessary for your life. You'll learn to recognize narcissism in those around you, plus how to identify and stop typical manipulation techniques, such as gaslighting, in their tracks. Find out how to start focusing on what you want and need first, and learn how to stop feeling like you're not good enough. You'll find out how to choose your new reality and sharpen your skills for coping with anxiety and stress. Plus: You'll get two supplemental appendixes, including one that offers a series of Affirmations & Reflections to help reinforce the lessons learned, plus a series of letters and personal advice on narcissism and much more.

Book Information

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Customer Reviews

You have to consume this book. Angie hits life right on the head! Here's what she solves for you: how to get out of the pain you are in, that flows from relationships (old or new) that hurt. You undoubtedly have had these toxic people she describes in your life. Maybe you never quite understood why you felt odd, bad or worse in these relationships, so you've got to read her clear, heartfelt guidance on how to figure out what was happening to you. Whether you have been raised by a narcissist or have one as a "friend," neighbor, coworker, or romantic partner: follow Angie's example and tackle the taking back of your own life. She tells you how. I consumed every word, and I feel like a weight has been lifted off my chest - just by reading: It's Not Supposed to Hurt!

Informative

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