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# Should I Stay Or Should I Go?: Surviving A Relationship With A Narcissist

"This book is a definitive survival guide... and provides an honest  
outlook on what to expect and how to recover."  
- Pamela Rogan, PhD, author of *The Morning After*

**SHOULD I  
STAY OR  
SHOULD I  
GO?** SURVIVING A  
RELATIONSHIP  
WITH A  
NARCISSIST

**RAMANI DURVASULA, PhD**

Author of *You Are WHY You Eat: Change Your Food Attitude, Change Your Life*



## Synopsis

Do you feel like you are talking and talking, and your partner is never listening? Do you feel like you keep saying the same thing over and over again? Does your partner make promises, only to break or betray your trust repeatedly? Is your partner controlling or just plain mean? Have you read every relationship book out there, practiced your communication skills, and still feel unheard or neglected? Are you done with second chances? Should you stay or should you go? We live in a world of romance and rescue - where everyone believes love will conquer all, and the more we put up with, the more loving we are being. It doesn't work that way. Sometimes we choose mean people, and before long we are in so deep, we don't know whether we are coming or going. One day you want to fight harder, and the next day you are ready to pack it in, and the next day you want to fight harder. Should I Stay or Should I Go? is a survival manual, a guidebook, and a shot of reality. Some people will never change, and kissing frogs is the stuff of fairy tales, not real life. The Beast never turns out to be a nice guy (or gal). This is a book that breaks down what mean people do to us, how they do it, and what we can do to survive.

## Book Information

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## Customer Reviews

This book, "Should I Go or Should I Stay" by Dr. Ramani Durvasula, is truly, deeply transformative! EVERYBODY needs to read this book, because everybody is or has been in a relationship - personal or professional, platonic or romantic - with a narcissist... or knows somebody who is or has been. If you love the people in your life, please have them read this! This book is a must-read, and

Dr. Ramani is one of THE leading authorities on this particular topic. I absolutely love that she has put so much of herself into this book! Her empathy is palpable; it jumps off of every page! Thank God somebody - a true expert in the field - has finally said what we all need to hear in this age of narcissism!

This is the best book I have read on the subject of narcissistic abuse in relationships and how this abuse affects the victim. It has been immensely validating for me as I am learning how I have been in the thrall of a narcissist for over thirty years. It outlines specific behaviors and emotions that are evident in these dysfunctional relationships; things I could have never put into words before I read this book. The author also gives specific advice and strategies for dealing with either staying in the relationship and what that would mean versus leaving the relationship and the hurdles and dangers to be aware of in that scenario. I found this book incredibly helpful. I would highly recommend it to anyone thinking they may be involved in a relationship with a narcissist, or for anyone who needs to understand the dynamic of this type of relationship, such as therapists, counselors, or lawyers.

I love this book. It was highly recommended by a friend of mine and I have found it to be extremely helpful. I don't think it is as much about telling you whether or not to leave a relationship as it is helping you deal with a narcissistic person. Most of us know one or a few, and this book is worth reading because it gives so much insight into people with this personality disorder.

I am towards the end of reading this book and I like it so far. I read a few other books on the subject so this book did a good job of going over some of the same things as other books but it would not be my first choice. The author explains the problem of narcissism and how a person with NPD is different from the rest. And the author lays out your choices and explains them very well. But for a better understanding of the subject, please look at Karyl McBride's book. The decision to stay or go will become easy once you understand who you are dealing with. And in my humble opinion, that book does a better job of explaining the subject.

GREAT BOOK! Whether you're staying or going this book will give you the tools to Know & understand what you're dealing with, the signs so you stay aware, & tools to start healing yourself. There are a few others here on that were also useful tools. I've bought 10 books on narcissism, sociopaths, coping, & healing oneself, haven't finished them all, but each is contributing to the strength & knowledge of breaking this cycle. This book has been one of the most useful tools since

the author gives the reader both options, staying & going to be sure you have a full understanding that life with a narcissist won't change & there's no denying what you'll continue to face. She gives some coping skills if you want to live a life of survival forever.

This is an amazing book. I highly recommend for all of us in relationships (work, romantic, friend) with narcissists. Kudos to Dr. Durvasula on an excellent book!

This book provides great insight with a no nonsense attitude. Highly recommend.

Absolutely a wonderful book! Engaging and informative!

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Narcissistic,Narcissistic Personality Disorder,Sociopath (Manipulation,Personality  
Disorder,Recovery Advice, Breaking Up) Psychology: You Might Be a Narcissist If.... (Books on  
Narcissism Book 1)

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