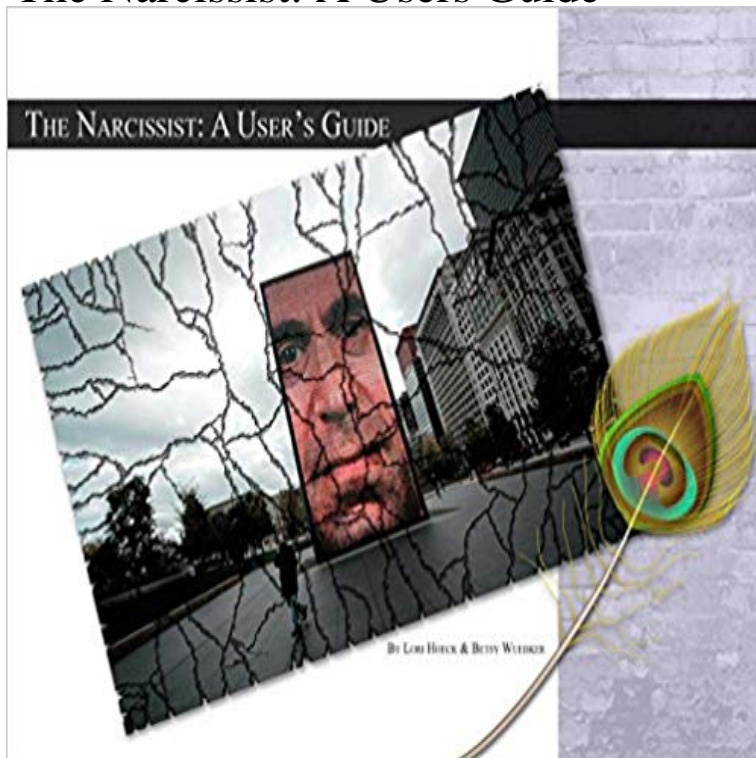


The Narcissist: A Users Guide



If you: - have worked with a demanding boss who made you feel inadequate - were raised by a domineering parent who had to be right about everything - dated someone who demanded lots of emotional maintenance but never reciprocated - had family members who challenged and criticized incessantly - were friends with someone who seemed to require you walk on eggshells around them, you were more than likely dealing with a narcissist. The Narcissist: A Users Guide will help you understand the bewildering ways a narcissist will manipulate circumstances to blame you for everything and make you believe it. You'll be able to see how a narcissist will use your weak points and words against you for control in the relationship. But more importantly, this e-book is going to help you fight your way out of a harmful situation. Defending against a narcissist and leaving the relationship may be the most difficult things someone may face. The Narcissist: A Users Guide provides encouragement, strategies and tips you can use to neutralize and, ultimately, negate a narcissist's influence.

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