



Surviving the Narcissist: 30 Days of Recovery: Whether You're Loving, Leaving, or Living With One

Meredith Resnick

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Narcissism is an illness, a more or less incurable disease that, in some cases can be managed, if the individual—the narcissist—participates in his or her own recovery. Instead of waiting for this to happen, or trying to make it happen, we can take the attention we've showered on the narcissist and apply it to ourselves. *Surviving the Narcissist: 30 Days of Recovery—Whether You're Loving, Leaving, or Living With One* can help bring clarity to the process of letting go of a present-day relationship or one that has haunted you from the past. This book addresses the difficult and often surprising feelings that arise from letting go of the narcissist including sadness, anxiety, confusion, disbelief, anger, and numbness. Use the meditations, suggestions, and information in this book as a road map on your journey of overcoming the effects of narcissism. Revisit it in your recovery as you watch the changes take hold—inside you.

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