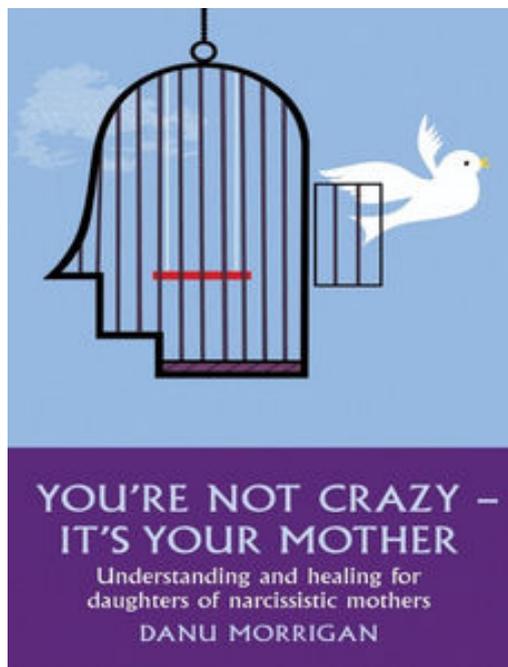


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"You're not broken and in need of fixing. You're wounded and in need of healing".

Do you find yourself emotionally bruised, upset and confused after being in contact with your mother? Do you end up doubting yourself - even feeling crazy - as she remembers incidents totally differently to how you remember them and denies other events even happened at all, until you begin to doubt your own perceptions?

Do you somehow feel you're not a real person in her company? Does it seem that she gets angry or upset when good things happen to you, and gets happy and energised when bad things happen to you? But maybe that's your imagination, you tell yourself, because of course your own mother isn't going to be sad when you succeed and glad when you suffer, right? And so maybe you feel like a bad daughter for even doubting her.

Around and around go your feelings and emotions and half-formed thoughts, till you think you must truly be crazy.

If all this is true for you, you are far from alone. Millions of women all over the world have experienced the same crazy-making hall-of-mirrors. And this is why: their mother - like yours, possibly - has Narcissistic Personality Disorder. Realising about NPD explains the whole crazy-making dynamic, and this realisation is so freeing and life-changing. It can be a tough realisation too, however, and this book aims to support you on the tough bits of that journey.

For the price of 10 minutes of therapy, this book explores how narcissists behave, how they treat their daughters, and that behaviour's impact on those daughters' lives. It also gives tools and resources to help you heal from the toxic and abusive relationship and to start living the life you always deserved to live.

*Sons of narcissistic mothers - you'll still get huge value out of this book. I wrote it from the vantage point of being a daughter but many sons have written to me to tell them it told their story too.

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If you realise your you're not crazy - it's your mother so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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