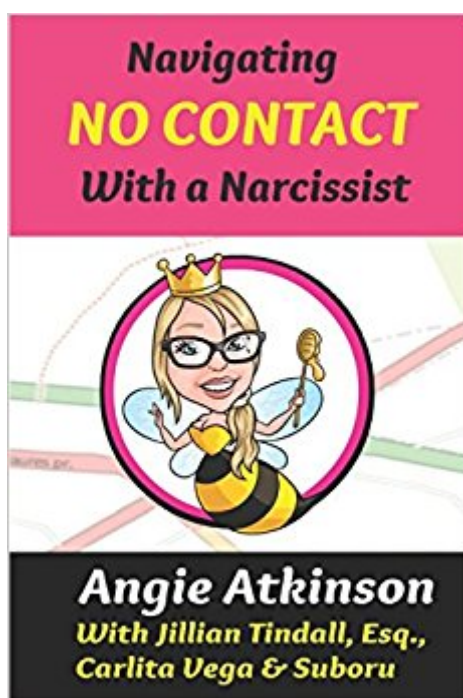


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# Navigating No-Contact With A Narcissist: A Recovery Roadmap For Survivors Of Narcissistic Abuse



## Synopsis

You've been through hell, and now that you've realized you're dealing with a narcissist in a toxic relationship, you just want out. Or, you've been abandoned - or you, yourself, have left a narcissist - and now you don't know what to do. What you know for sure is that you're a victim and/or a survivor of narcissistic abuse in a toxic relationship. You may feel exhausted and numb, and you may feel stuck. When you look toward the narcissist, it might feel like his or her life has improved now that you're gone, and you don't understand why. You want to start or maintain the practice of No Contact, when you stop all contact with a narcissist in order to heal from the toxic abuse you experienced, but you don't know where to begin. Navigating No-Contact with a Narcissist is a practical and inspiring guidebook that will help you to let go of the feelings you still have for the narcissist and to stop feeling like you want and need to engage with him or her. Inside the guide, you'll learn how to reclaim your sense of self, take back your life and as you move forward, to safely move on to a better relationship. You'll learn what "no contact" really means in terms of narcissistic abuse recovery, where the term came from and how to implement it in your own life. Plus: How to break an unhealthy relationship cycle Dealing with smear campaigns and rude narcissists How to deal with co-parenting with a narcissist How to help your kids through the separation and divorce How to find yourself again after recovery Why no contact works so well and why it's hard to execute The steps you need to take to make it happen The book will also take you through the stages of recovery and show you what to expect in each one, as well as offering exercises and activities for each stage. Written by certified life coach, author and YouTuber Angela Atkinson, aka Angie Atkinson, this book is both comprehensive and written in a way that is easy to read. This book is for you if: You've done your research and you already know or are pretty sure that you're dealing with a narcissist. You've been abandoned, or you've left your narcissist. You're still in the relationship, but you know you want to leave the narcissist, and you need some help. You've gone or recently decided to go "no-contact" with a narcissist. You want to go no-contact, but you're not sure how. You're already no-contact, but you are tempted to go back to the narcissist. The narcissist is trying to Hoover you and you need help resisting. You are ready to take back your life, right now! So what are you waiting for? Order this book, become a no-contact master, and take back your life today, starting right now!

## Book Information

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## Customer Reviews

This comprehensive work offers thorough coverage of options for people in narcissistic relationships, and will also provide a wealth of knowledge for the loved ones of victims of narcissistic abuse. It is well-organized and offers practical step-by-step guidance for understanding narcissistic abuse, the recovery process, and more. The materials are written from an empowering, non-judgmental perspective. Inside, you will discover ways to identify whether you are in a narcissistic relationship and what you can do to get out, and stay out. In short, it is a road map to freedom, providing the keys to get free and start claiming the life you deserve. I definitely recommend this book; the edge that it has over other materials is that it is written from the voice of experience.

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