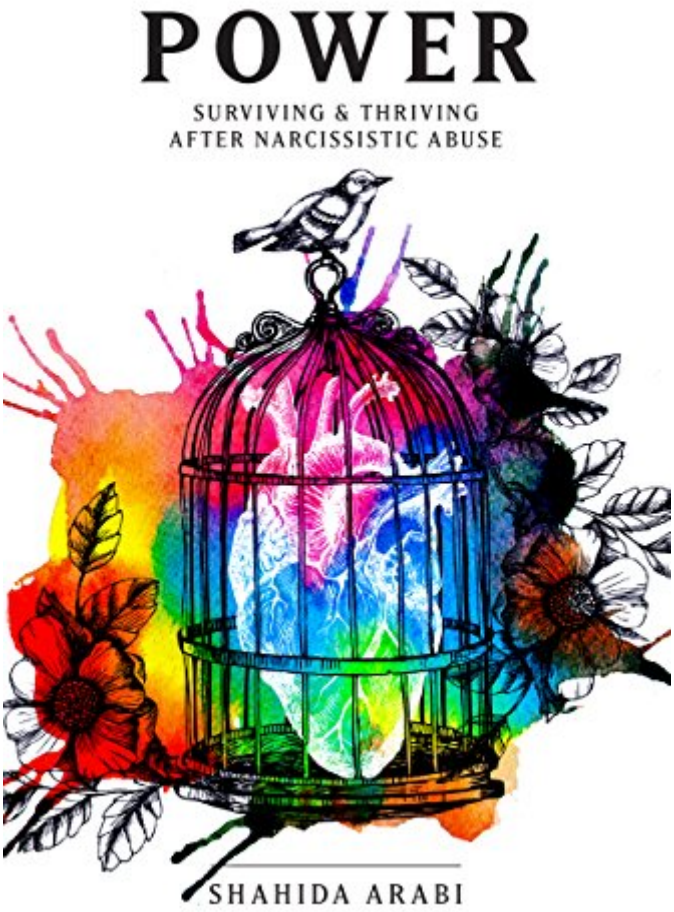
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POWER: Surviving And Thriving After Narcissistic Abuse: A Collection Of Essays On Malignant Narcissism And Recovery From Emotional Abuse



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Synopsis

"Shahida Arabi weaves life wisdom and insight with empowering scientific research, not leaving any room for misunderstanding or doubt about the harmful nature of this form of abuse." Ã¢â ¬â •THE SHAKTI JOURNALPathological mind games. Covert and overt put-downs. Triangulation. Gaslighting. Projection. These are the manipulative tactics survivors of malignant narcissists are unfortunately all too familiar with. As victims of silent crimes where the perpetrators are rarely held accountable, survivors of narcissistic abuse have lived in a war zone of epic proportions, enduring an abuse cycle of love-bombing and devaluationÃ¢â ¬â •psychological violence on steroids. From how to heal our addiction to the narcissist to how to recognize a covert narcissist, Shahida Arabi's articles on narcissistic abuse have gained renown as some of the most accurate and in-depth depictions of this terrifying trauma, resonating with millions of survivors all over the world and receiving endorsements from numerous mental health professionals. In this essay compilation, readers can enjoy some of her most popular articles as well as new thought pieces on narcissistic abuse: what therapists have to say about malignant narcissists and how children of narcissistic parents can become trapped in the trauma repetition cycle. Survivors are offered new insights on what it means to be both a survivor and a thriver of covert manipulation and trauma. POWER teaches us that it is important to not only understand the tactics of toxic personalities but also to recognize and combat the effects of narcissistic abuse; it guides the survivor to learning, growing, healing and most importantly of allÃ¢â ¬â •owning their agency to rebuild their lives and transform their powerlessness into victory.

Book Information

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Customer Reviews

I’ve been studying narcissism for quite a while and thought I knew everything there was to know by now. I rarely write reviews but I’m so impressed by this book, I can’t recommend it enough for anyone who has suffered abuse by a narcissist or is trying to get out of an abusive relationship now. You deserve the best and more... so I strongly encourage you to get this book!

Amazing book !! It has helped me see all pathological games he plays .This book is a true eye opener, living with a narcissist is a nightmare and this book helps a person understand the games and sadistic thingsA narcissist does in every day life. This is a well written book and needs to be read! It has helped me tremendously! Thanks so much

Where to begin? This book was life changing. it completely validated everything from my experiences (suicide, anxiety, depression, "neediness", literally everything. It took every detail from my past struggles and validated and helped make sense of everything. It’s like I was reading my own biography. The book is organic and engaging, and ever word becomes apart of your healing. I’d recommend this read for anyone who has ever dealt with abusive parents, abusive friends or partners, or just being manipulated in general. I cannot begin to thank the author enough for that this book has done for me. Her experience and guidance is something that has defined my life.

easy read

Having been divorced from a narcissist for nearly 35 years i found these essays to be right on target. I can tell that the author has been through the pain of living with a narcissist. Read this book above all others.

Straight forward. Excellent info!!

ONE OF THE BEST READS I HAVE EVER READ. tHANKS SO MUCH !

I ordered this book after I sat in my vehicle in 90 degree heat recently in the parking lot of my job on a Saturday night. I could no longer be at the house with this narcissistic abuser I have been living with for 20 years. I could at least pick up some WiFi in the parking lot. As I sat there watching Youtube videos until I thought it was safe to go back to the house, I came across a fantastic video posted by this author Shahida Arabi discussing the importance of knowing what you can do to reclaim your life after narcissistic abuse and all the signs and symptoms of PTSD. I have been looking for a supportive and honest therapaeutic book to help me, and this is it. It is saving my life and instrumental in guiding me through the process of no contact. She knows this personality disorder from the beginning to the end. I wish I could thank her in person. Thank her for giving me the insight and validation that victims need to move forward in the process of healing from the nightmare of this type of damage. I wish I could have read this sooner. Highly reccomend this book.

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