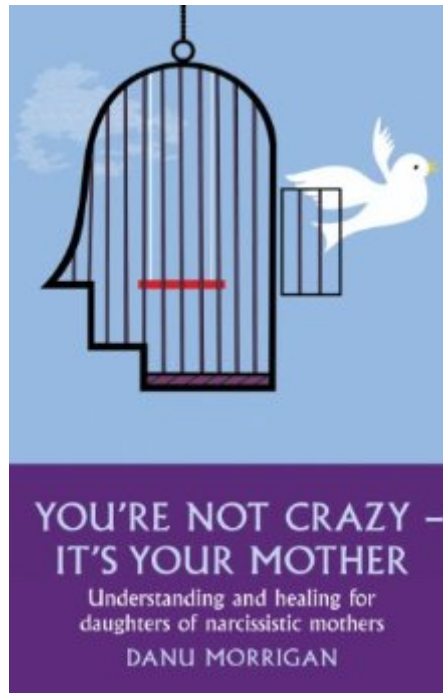


The book was found

You're Not Crazy - It's Your Mother: Understanding And Healing For Daughters Of Narcissistic Mothers



Synopsis

Understanding and healing for daughters of narcissistic mothers. (It's for sons too*)"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.

Book Information

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Customer Reviews

This is one book I am not giving away to anyone, or the library. The author tells it so very well by her own experience. I cut my family out of my life 4 years ago now and grieved for the first couple of years. Today, I am so thankful I cut them off and I see my siblings still drowning in denial and playing all the necessary games in order to earn my mother's approval. My mother even has her "golden child" with my being the "scapegoat". Narcissists never change, they will not listen to anything you have to say that might give them insight into their problem and at least in my case, I had to cut off my mother and a sister in order to maintain my sanity. My father is an enabler (that or he is too scared of my mother to say anything) so unfortunately I will never see my parents again until their death. I have no regrets on leaving my family. I still am in touch with one sister (who is so damaged by my mother that she disassociates and has a double personality). My narcissistic mother verbally abused me horribly from puberty until she drove me out of the home. Up to the age of my turning 60, my mother invalidated me, ignored me, let me know my sister (golden child) is her favorite, disagreed with me on nearly everything and when I told her I didn't think she loved me, she didn't deny it and then she denied our conversation about it to my sister, saying she 'didn't remember any conversation to that effect.' She also is so insecure that she worries constantly what other people think and puts on a display of being the perfect mother in a perfect family. And, she is also a raging liar. My family made me crazy and I have warned my sons that they can keep in touch, but beware that within a year or two, you will feel like you're going crazy too.

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