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The Little Black Book Of Bat Shit Crazy (The Survivor's Almanac 1)



Synopsis

This book is filled with Narcissistic predicaments every survivor finds themselves in. This forecast of narcissistic moods and behaviors should be read by anyone who is dating, getting married, getting divorced, wondering why your family hates you, questioning your sanity, or if you are just human and leave your house with the possibility of interacting with other humans. If you have listened to others who have experienced life with a narcissist then you know it's as if every narcissist was handed a playbook that guides them on how to abuse their victims to inflict the maximum amount of damage. If there ever was a Narc Manual then this is it. The knowledge within these pages will help you spot narcissistic behavior in order to avoid forming relationships with toxic people while simultaneously being your "ah ha" moment if you happen to already be in one of these high conflict nightmares. The information provided here is for both men and women and is not intended to be used as a tool for learning how to manipulate a narcissist. This is for your own knowledge to protect yourself from emotional and psychological abuse. I'm sharing this with the hopes that when and/or if you spot this behavior you can steer clear of these trainwrecks.

Book Information

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Customer Reviews

I love the fact that people can self publish these days. However, it means also alot of crap is out there now. This book is not worth anything close to \$4...or even. 99 cents. It is at best a haphazard tirade with poor editing and sentence structure. Having read many books on NPD, this is the absolute worst. If you are looking for help during or after a NPD relationship, this so called book will not help you at all. There are far better books and online information for free than you'll ever get from this joke. A high school kid could do better. Save your hard earned money. You'll feel ripped off.

Highly informative, thoroughly researched, replete with razor-sharp insights and practical guidance. De Mexi delineates of a series of real-life predicaments from the "narcissist playbook," brilliantly exploring the convoluted dynamics of abuser-victim and the associated psychopathology. De Mexi's biting wit permeates every page of The Little Black Book - a necessary relief from the weighty topic of narcissist abuse. In short, The Little Black Book is a must-have for anyone going through the horrors of an abusive relationship or who is in recovery from one.

This is a good book to read when you want to be reminded of why you are no longer with your narcissist. :)

Love these books, validating to anyone who ever had the misfortune of a narcissist in their life.

Well worth the read. Interesting, captivating and intriguing looking into the little black book. Highly recommended for individuals who want perspective on individuals with mental disorders.

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