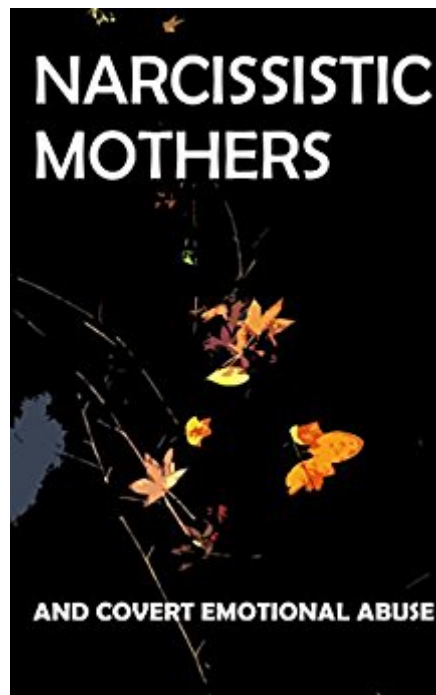




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Narcissistic Mothers And Covert Emotional Abuse: For Adult Children Of Narcissistic Parents



Synopsis

If you feel something was very wrong with your childhood, yet you are unable to point to any of the horrific abuse often talked about in the media, this book is for you. It is for adults who don't know why they struggle with the things in life that come naturally to others, who find socialising draining because they are easily affected by the moods and the words of others and cannot understand why sadness and dissatisfaction prevail in their lives, while others thrive with seemingly a lot less. If you struggle with such issues you might be an adult child of a covert narcissistic parent. Covert narcissistic parents break down their children's self-esteem and sense of self in order to manipulate them into serving their unhealthy needs and demands. The abuse is subtle and over time, it erodes the victim's personality, distorts their sense of reality and it does severe damage to their ability to function. And if you wonder why anyone would do that, the answer is simple; narcissists are not mentally healthy people and their goal is not to raise mentally healthy offspring. Most parents do not destroy their children. The narcissism is classified as a personality disorder for a reason, and it has to do with the predatory and inadequate way of sustaining their ego. It is classified as a cluster B personality disorder with a specific set of dynamics and outcomes. This book is not about the academic description, your parents might've had full blown narcissism or had strong tendencies, either way their unhealthy behaviour affected you and you need to understand what happened in order to heal. Other signs of such abuse are chronic anxiety, getting overwhelmed, concentration problems, substance abuse, irritability, flashbacks of humiliating moments from the past, inability to cope with failure and negative emotions, inability to enjoy the simple things others enjoy. This indicates something is majorly and fundamentally wrong with your mental state, and it is the result of the prolonged abuse you've been through. Worst of all, the abuse is not easily visible or widely acknowledged. Understanding the problem will help you start recovering. And, of course, this book is for those who already know about narcissism and narcissistic abuse. More specifically it's about covert narcissistic mothers, and how they inflict lasting damage on their children.

Book Information

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Customer Reviews

Not particularly well written. I've just started exploring my issues with my narcissistic mother. This is the 2nd book I've read, just didn't give me the insight, help I was looking for.

I'm 59 and for the first time understand, I feel happy, connect with so much. Thank you Ms. Macey

I am giving this book five stars because it truly spoke to me, not only from my experiences growing up, but also describes the covert narcissists currently in my life. I highlighted the book so much I ended up with 93 highlights. I always felt something was wrong during my childhood and into adulthood but felt confused until now. I truly appreciate this book and was able to overlook all the typos. For me, it was worth millions.

Do not buy this book. It is not written by a person with clinical experience, but rather by a person who admittedly spent a lot of time researching other people's work (who also may not be clinicians) and piecing it together into a book. It is written very informally as well and hard to read due to grammar/sentence structure issues. You can perform your own google search and find all of the information contained in this book. I would recommend psychologytoday.com as they tend to post a lot of free articles on Narcissistic Abuse, and Narcissistic Mothers. My expectation with this book would be that it would add something to the knowledge I already possessed, both as a survivor, and

as a person who is working on a masters degree in clinical counseling, it did not.

Wonderful book that was full of insight and gave me a lot of "aha" moments. The reason I gave it 3 stars are for the constant typos and wrong words; for instance, the word "exiting" instead of "exciting". I felt the book would have been easier to read if a good editing had been performed.

I like that it was written from the first person perspective. I didn't like that there were so many errors and grammatical mistakes. I recognize that it is my own perfectionism and OCD that created this distraction while reading. I was able to separate the errors from the message, though, and appreciated the definitions, explanations, and examples.

You know, I wouldn't be so harsh on some grammatical errors because this book was so very good. I knew what she meant, aside all the blips. No big deal for a buck. Because this author, is a wonderful person to share her experiences with us because I only wished for this information 30 plus years ago. She mentions all the dynamics, not just a few of this horrible abuse that we went through as children and it ALL MAKES perfect sense. She goes into how to love yourself and care for yourself and that you do heal. Most of the nasty things you tell yourself is due to the wiring of our delicate innocent little brains. These inept "parents" who are really just "donors" by chance. God made it possible for us to be here and have this wretched experience and it has not been but the last 8 years I've seen it published to expose and blow these people out of hiding. For any person I highly recommend you read read and read more to take your power back. These parents are absolute society gone bad.....Thank you Diana Macey for sharing your life.

Excellent anecdotal information on parental covert narcissism. Most points illustrated with a personal experience. Discussion and actual concrete advice on recovery from the lack of self esteem and the depression it causes. If you think you're crazy and think you got it from your mother, read this book!

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