



Becoming the Narcissist's Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself

By Shahida Arabi

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Although clinical research has been conducted on narcissism as a disorder, less is known about its effects on victims who are in toxic relationships with partners with Narcissistic Personality Disorder. Individuals with this disorder engage in chronic devaluation and manipulation of their partners, a psychological and emotional phenomenon known as "narcissistic abuse." Unfortunately, the full extent of what narcissistic abuse entails is not taught in any psychology class or diagnostic manual. Since pathological narcissists are unlikely to seek treatment for their disorder, it is difficult to pinpoint what exactly makes a narcissistic abuser tick and the manipulative tactics they use, which are likely to differ from those of other types of abusers as they are more covert and underhanded. What is even more baffling is the addiction we form with our narcissistic abusers, created by biochemical bonds and trauma bonds that are also unlike any other relationship we experience. In this book, survivors will learn:

- The red flags of narcissistic behavior and covert manipulation tactics, including subtle signs many survivors don't catch in the early stages of dating a narcissist.
- The motives behind narcissistic abuse and techniques to resist a narcissist's manipulation.
- Why abuse survivors usually stay with a narcissist long after incidents of abuse occur.
- How our own brain chemistry locks us into an addiction with a narcissistic or toxic partner, creating cravings for the constant chaos of the abuse cycle.
- Traditional and alternative methods to begin to detach and heal from the addiction to the narcissist, including eleven important steps all survivors must take on the road to healing.
- Methods to rewrite the narratives that abusers have written for us so we can begin to reconnect with our authentic selves and purpose.
- How to rebuild an even more victorious and empowering life after abuse.

Narcissistic partners employ numerous stealthy tactics to devalue and manipulate their victims behind closed doors. These partners lack empathy and demonstrate an incredible sense of entitlement and sense of superiority which drives their exploitative behavior in interpersonal relationships. Their tactics can include verbal abuse and emotional invalidation, stonewalling, projection, taking control of every aspect of the victim's life, gaslighting and triangulation. Due to the narcissistic partner's "false self," the charismatic mask he or she projects to society, the victim often feels isolated in this type of abuse and is unlikely to

have his or her experiences validated by friends, family and society. Using the latest scientific research as well as thousands of survivor accounts, this book will explore how the emotional manipulation tactics of narcissistic and antisocial partners affect those around them, particularly with regards to its cumulative socioemotional and psychological effects on the victim. It will also address questions such as: What successful techniques, tools and healing modalities (both traditional and alternative) are available to survivors who have been ridiculed, manipulated, verbally abused and subject to psychological warfare? What can survivors do to better engage in self-love and self-care? How can they forge the path to healthier relationships, especially if they've been a victim of narcissistic abuse by multiple people or raised by a narcissist? Most importantly, how can they use their experiences of narcissistic abuse to empower themselves towards personal development? What can their interactions with a narcissistic abuser teach them about themselves, their relationship patterns and the wounds that still need to be healed in order to move forward into the happy relationships and victorious lives they do deserve?

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Editorial Review

Review

"Excellent! If there is one person on our side, it's Shahida. Ms. Arabi is our life-saver, cheerleader, saint, healer, best friend, advocate, and go-to expert for victims...when no one else is in your corner; she is there for you in mind and soul to share the truth about this hidden - and for many, life-threatening, devastating experience. This book covers the complete experience of: encountering, surviving, and healing from an emotional terrorist. Ahead of her time, she has forged the way for us - victims and mental health professionals - to start acknowledging this hidden epidemic; and to begin the lonely, painful process of helping ourselves and others survive the reality of personality-disordered relationship trauma." - **Monica M. White, Licensed Clinical Mental Health Counselor**

"Shahida Arabi has accomplished something that few authors are able to do. She has written a book that is packed with so much wisdom and therapeutically proven tools for daily application, that it leaves the reader healthier than when they started reading. That is an incredible accomplishment for any writer. As a licensed therapist, I am thrilled to see Ms. Arabi's ability to give not only real life practical suggestions of how to find recovery and live it out, but also concrete, go-out-and-implement-them-today ideas. Ms. Arabi provides the reader with the exact tools needed to change their thoughts, which will change their actions and then lead to changed lives." - **Shannon Thomas, Licensed Clinical Social Worker and Lead Therapist at Southlake Christian Counseling**

"Outstanding, comprehensive, thoughtful book for survivors! I will be sending my clients to read this book to help them have a fantastic, thorough understanding of narcissistic abuse recovery. Shahida Arabi skillfully writes from the standpoint of a survivor to a place of thriving...she blends evidence-based research, with survivor stories and integrative healing concepts that are paramount for trauma recovery from the unique aftermath of narcissistic abuse. This book will be a compass and roadmap for many as they reassemble after the rubble and construct anew a life of meaning, purpose, healing and transformation. Shahida Arabi speaks from the heart, from science, and from spirit...she knows how to translate for survivors the path of healing, triumph, and freedom." - **Andrea Schneider, Licensed Clinical Social Worker and Author of *Soul Vampires: Reclaiming Your Lifeblood After Narcissistic Abuse***

"I would like to give kudos to Shahida Arabi and her efforts in writing a well-researched book filled with current, accurate and practical information that focuses on the abuse survivors and not the abusers like most books on narcissistic abuse do. Well-written...filled with accurate truth, tons of current information, contributions from legitimate narcissistic abuse recovery experts, hope and inspiration that will facilitate healing and point the readers to effective healers and professional and self-help strategies they can tailor to their specific needs." - **Evelyn M. Ryan, Certified Licensed Life Coach and Author of *Take Your Power Back: Healing Lessons, Tips and Tools for Abuse Survivors***

About the Author

Shahida Arabi is a summa cum laude graduate of Columbia University graduate school and is the author of two #1 Amazon Bestsellers, *The Smart Girl's Guide to Self-Care*, a #1 Bestseller in Women's Personal Growth and *Becoming the Narcissist's Nightmare*, which was featured as a #1 Amazon bestseller in three different categories including Personality Disorders and Abuse. Her writing has been featured on The Huffington Post, The National Domestic Violence Hotline, MOGUL, Elephant Journal, Yoganonymous, The Mind's Journal, Dollhouse Magazine, The West 4th Street Review, Thought Catalog, The Good Men Project,

YourTango, author Lisa E. Scott's blog and Harvard-trained psychologist Dr. Monica O'Neal's website. Her interests include psychology, sociology, education, gender studies and mental health advocacy. She studied English Literature and Psychology as an undergraduate student at NYU, where she graduated summa cum laude and was President of its National Organization for Women (NOW) chapter. Her viral blog entries, "Five Powerful Ways Abusive Narcissists Get Inside Your Head," and "20 Diversion Tactics Highly Manipulative Narcissists, Sociopaths and Psychopaths Use to Silence You" have been shared worldwide and her work has been endorsed and shared by numerous clinical psychologists, mental health practitioners, bestselling authors, and award-winning bloggers.

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From reader reviews:

John Lyons:

Do you one of people who can't read satisfying if the sentence chained within the straightway, hold on guys this kind of aren't like that. This *Becoming the Narcissist's Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself* book is readable simply by you who hate the straight word style. You will find the data here are arrange for enjoyable examining experience without leaving even decrease the knowledge that want to deliver to you. The writer of *Becoming the Narcissist's Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself* content conveys the idea easily to understand by many individuals. The printed and e-book are not different in the information but it just different as it. So , do you even now thinking *Becoming the Narcissist's Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself* is not loveable to be your top list reading book?

Adrian Kao:

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Joan Toon:

In this particular era which is the greater person or who has ability in doing something more are more important than other. Do you want to become one of it? It is just simple approach to have that. What you should do is just spending your time not much but quite enough to get a look at some books. One of the books in the top record in your reading list is Becoming the Narcissist's Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself. This book which can be qualified as The Hungry Inclines can get you closer in turning into precious person. By looking way up and review this publication you can get many advantages.

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