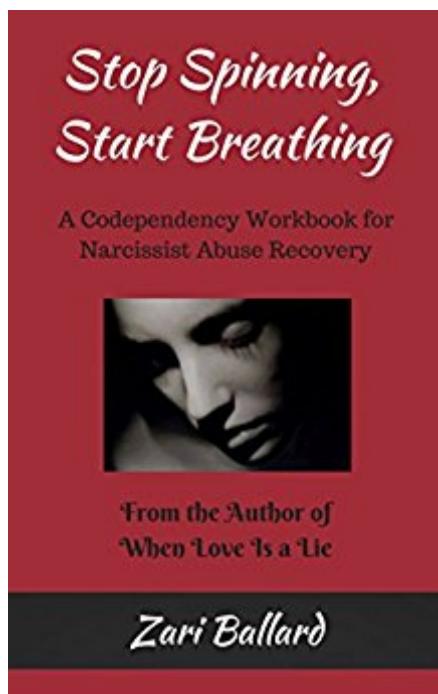


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# Stop Spinning, Start Breathing: A Codependency Workbook For Narcissist Abuse Recovery



## Synopsis

Narcissist abuse recovery...How to change your perspective and save your lifeDo you feel hopelessly addicted to a narcissistic abuser?Do you feel isolated in your misery because those around you just don't "get it"?Despite all you know about narcissism, are you still hopeful your partner is the exception?Is relationship amnesia keeping you tethered to only the good memories?Are you tormented by separation anxiety and sudden impulses to break no-contact?If you're reading this, it's likely you've come to the end of the line with a narcissistic abuser. You've either survived the physical separation but now struggle with the ongoing mental connection or you're still involved with the narcissist and seeking a way out. Either way, this codependency recovery book by author Zari Ballard (When Love Is a Lie) will fix you - and it's easier than you think. The secret is in changing your perspective. You, too, can be among the survivors!Stop Spinning, Start Breathing is a codependency workbook designed to help you distance yourself from the spinning mindset that prevents a narcissist's victim from ever getting to a place where feeling better - let alone feeling normal - seems even remotely possible. A person who has never experienced this type of relationship will simply never understand!In this workbook, Zari will: ..share personal experiences with silent treatments, triangulation, and more that will resonate with your own - and she minces no words ..guide you step by step through the same pre-breakup process that helped Zari "get it right" in her own head ..ask you pertinent, thought-provoking questions so that each answer you provide will play a role in your recovery ..provide plenty of white space where you can journal both the pain of your past and the hope for your future ..guide you towards finding mental closure, relationship reconciliation, and acceptance that yes, it's time to move on...and that you're strong enough to do itPlanning a strategy for recovery is your only viable option. So, whether you've recently been discarded, ended the relationship yourself, or still involved and looking for a way out, this amazing book will demystify the recovery process and unburden your weary mind. It's an empowering solution that works for everyone. And that's a promise.Download this book to get started today!For more articles and information about narcissism in relationships and to book a consultation with Zari, visit her blog: [thenarcissisticpersonality.com](http://thenarcissisticpersonality.com)

## Book Information

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## **Customer Reviews**

Although the author is not a professionally trained therapist, her observations about the behavior of narcissists and their victims are well worth reading, especially the sections on how to recover from codependency. She writes from her own experiences, and her advice and comments are very insightful. The advice on recovering from codependency is worth more than the price of the book. I have not found many other books on the relationships between pathological narcissists/social paths /psychopaths that offer solid and practical advice on how codependent can recover from and stay away from such relationships in the future.

Very helpful and insightful book that made a HUGE difference in my ability to move forward after the trauma of being with a narcissist . This book was so instrumental in helping me realize that nothing I could have ever done or would be able to do - would have changed this person or their behavior.

Great workbook for those recovering from emotionally abusive relationships

I have read every book I could get my hands on about this awful life . The pain and depression that happens after being thrown away by a disordered person is like no other. This book helped me focus on me and my healing. I was one that thought I would love him enough to make him stay.

Through this book I learned to love me enough to let him go.

Wanted so much for a workbook that I could have used to heal. I found myself asking where is the hope. I have been through being discarded then being hoovered a few times so I know the drill. Its about learning how to maintain no contact and regaining hope in the process to sustain. Sorry, disappointed.

The messages in this book is very clear.

This is a book that asks you questions and causes soul searching.I think I got a lot of good information out of the book. Useful stuff that will help me think more clearly about my situation.

Great Read! Informative! Validating! Wish I could say I'm not horrified at the behavior of narcissists, but Zari describes it so honestly. Thank you Zari for your contributions! They are most helpful! And she is 100% correct when she says those who haven't been involved with one, will not understand. Do not look to them. Especially with new agers. There is no way I could have "drawn this person to me" if I couldn't dream up the horrible exploitation, lies, cheating in the first place. He was drawn to my positive energy and enthusiasm! The narcissist I was involved with lured me over 4 months with lies before our first date. It can happen to anyone. They can put on the big fake VERY WELL! Their methods are very shrewd. They know when you have fallen for them and then WHAM! It is like a punch in the jaw. The behavior changes, etc. I accept that I didn't think what seemed like a small lie, would prove rotten character over all. Now, if someone lies, I won't hang around. Thanks again Zari! Took me 5 years to get out from under the non-human! Only because I do love, I do have empathy, I am loyal, etc.

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