



Understanding Narcissism: Beginner's Guide to Self Healing

AJ Carrier

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Recovery from a narcissist relationship can be a long road to recovery, full of obstacles and pitfalls.

Immediately after the final curtain on such a relationship is where the real journey begins. Understanding your fears, issues of self-worth and learning to reestablishing your true self is a long process. This book is a brief understanding of what you have experienced and recognizes you are a person of value. It lays out the process of recovery in a simple to follow format that will provide you with information on where to begin recovery.

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