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Should I Stay Or Should I Go?: Surviving A Relationship With A Narcissist

"This book is a definitive survival guide... and provides an honest
outlook on what to expect and how to recover."
-Pamela Pezan, Ph.D, author of The Making Game

**SHOULD I
STAY OR
SHOULD I
GO?** SURVIVING A
RELATIONSHIP
WITH A
NARCISSIST

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Author of You Are WHAT You Eat: Change Your Food Attitude, Change Your Life



Synopsis

Do you feel like you are talking and talking, and your partner is never listening? Do you feel like you keep saying the same thing over and over again? Does your partner make promises, only to break or betray your trust repeatedly? Is your partner controlling or just plain mean? Have you read every relationship book out there, practiced your communication skills, and still feel unheard or neglected? Are you done with second chances? Should you stay or should you go? We live in a world of romance and rescue - where everyone believes love will conquer all, and the more we put up with, the more loving we are being. It doesn't work that way. Sometimes we choose mean people, and before long we are in so deep, we don't know whether we are coming or going. One day you want to fight harder, and the next day you are ready to pack it in, and the next day you want to fight harder. *Should I Stay or Should I Go?* is a survival manual, a guidebook, and a shot of reality. Some people will never change, and kissing frogs is the stuff of fairy tales, not real life. The Beast never turns out to be a nice guy (or gal). This is a book that breaks down what mean people do to us, how they do it, and what we can do to survive.

Book Information

Audible Audio Edition

Listening Length: 10 hours 46 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Post Hill Press

Audible.com Release Date: November 25, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B018H9DP5C

Best Sellers Rank: #200 in Books > Parenting & Relationships > Family Relationships >

Divorce #347 in Books > Self-Help > Communication & Social Skills #687 in Books >

Audible Audiobooks > Health, Mind & Body > Family & Relationships

Customer Reviews

This is an amazing book. I highly recommend for all of us in relationships (work, romantic, friend) with narcissists. Kudos to Dr. Durvasula on an excellent book!

This was my first experience with a narcissist nightmare and God be willing, I will never see her

again. Had I read this book 5 years ago, I could have avoided a nightmare from Hell. I never knew what a narcissist was or did to people. This explains it all. Terrific book!

GREAT BOOK! Whether you're staying or going this book will give you the tools to Know & understand what you're dealing with, the signs so you stay aware, & tools to start healing yourself. There are a few others here on that were also useful tools. I've bought 10 books on narcissism, sociopaths, coping, & healing oneself, haven't finished them all, but each is contributing to the strength & knowledge of breaking this cycle. This book has been one of the most useful tools since the author gives the reader both options, staying & going to be sure you have a full understanding that life with a narcissist won't change & there's no denying what you'll continue to face. She gives some coping skills if you want to live a life of survival forever.

As someone who has friends in relationships with narcissists, and as someone who read the book from start to end - most of the advice is SO TRUE. Throw out the fantasies. Adjust your expectations. Be your best self.

This book is incredibly insightful and well written, and tells you what to do if you want to leave or if you decide to stay in an abusive relationship.

Blatantly truthful, highly informative and well researched. Many passages I was certain I had written myself. Very true to the personality.

I wish I had known about this book years ago. Thanks to my niece for recommending it.

I was able to attend a conference she spoke at. Her passion in speaking and this book shows! It's a great read! Very hard to put down. Let's you do a lot of soul searching! I will be on the look out for more books she has wrote!

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The Practical Dater's Guide to the Pursuit and Maintenance of Open Relationships (Polyamory, Polyamorous, Relationship, Dating, Poly Relationship, Polyamory Dating, Open Relationships)
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