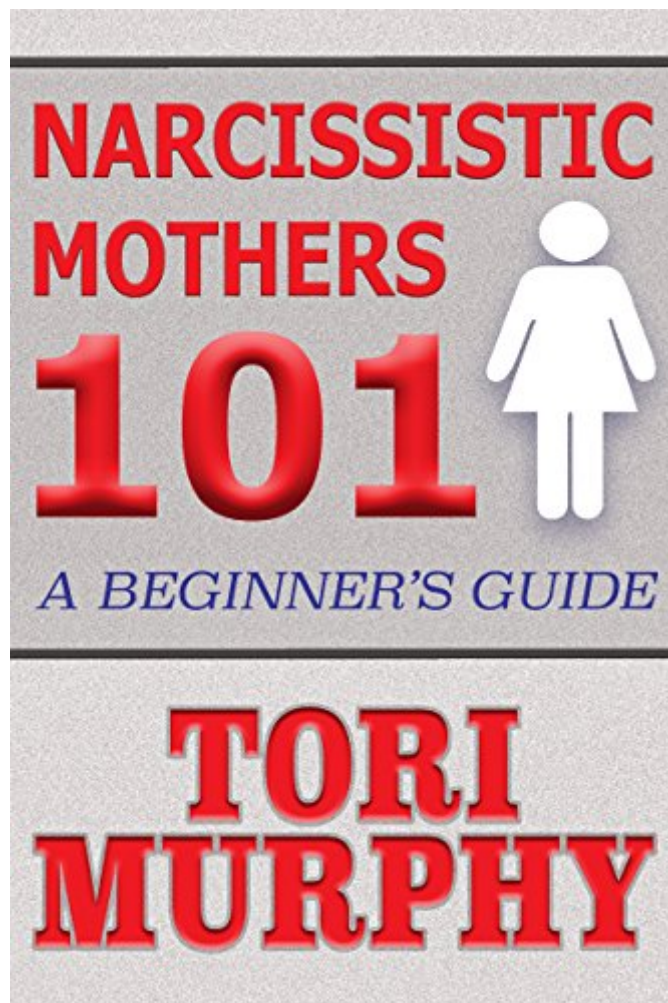




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# Narcissistic Mothers 101: A Beginner's Guide



## Synopsis

Something drew your attention to this book. It probably wasn't the snappy title. It might have been the fancy cover, but most likely you're trying to understand why your relationship with your mother has always been confusing, disappointing and painful. Despite your best efforts, you just never measure up. A visit with her sucks your emotions dry and you leave exhausted and wondering why it always has to be this way. One possible explanation might be that your mother is a narcissist. There are a variety of definitions of narcissists, but primarily they are people who have a desperate need to feel superior to others, crave attention and lack empathy. In other words, she's demanding, never satisfied and has no consideration for the thoughts and feelings of others. If this sounds like your mother, she might be a narcissist.

## Book Information

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## Customer Reviews

This was a really helpful commonsense guide to handling the troubled relationship between the narcissistic mom and her child victim. There are some very useful strategies for dealing with a narcissistic parent while maintaining one's own sanity. I especially appreciate that there are

techniques besides the usual advice that therapists give of cutting all contact, which really isn't an option as the parent ages and has health issues.

I just finished reading Narcissistic Mothers 101. It is a quick read because it's really short. Don't let that fool you though. It is worthy of being read. I thoroughly enjoyed reading it even though it is not the first of this topic that I have read. Other good ones are: "Will I Ever Be Good Enough?" And "Mothers Who Can't Love."

Great book and very easy read. Unfortunately I have one of those mothers and this book helps me to understand her.

Great booklet on an intense subject. I am only now at 62 putting a name to this problem in my life . My mother has become much worse in her treatment of me these last 8 years since the death of my father. It has gotten to the point where even I have had to wake up and realize that I don't deserve to be treated like this . This book is helpful for learning to set limits. Thank you !

Tha k you for your insights. I am amazed at how absolutely similar my mother's behavior is to yours. I pray you have found peace as I have.

The book is honest, accurate, and to the point. I hope that all victims of narcissistic mothers would find and read it. It helps to restore your self-respect, confirm that you are not crazy and not ungrateful, and recognize that you have a way out of this toxic relationship that has impacted your whole life.

This was like reading the cliff notes of almost every helpful thing I've come across in the last 7 months since I make the decision to go without contact. I'd echo another review that this is a must read. Overall excellent job of putting together broad and relevant information in a format that is easy to read and makes sense.

It was so accurate it was eerie!! It was as if she knew me and my mother personally. Her no b.s. explanations were helpful and realistic. My favorite is the flying monkeys!! Best and most accurate description ever! Brilliant!!

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