



You're Not Crazy - It's Your Mother: Understanding and Healing for Daughters of Narcissistic Mothers

Danu Morrigan

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Understanding and healing for daughters of narcissistic mothers

"You're not broken and in need of fixing. You're wounded and in need of healing".

Do you find yourself emotionally bruised, upset and confused after being in contact with your mother? Do you end up doubting yourself - even feeling crazy - as she remembers incidents totally differently to how you remember them and denies other events even happened at all, until you begin to doubt your own perceptions?

Do you somehow feel you're not a real person in her company? Does it seem that she gets angry or upset when good things happen to you, and gets happy and energised when bad things happen to you? But maybe that's your imagination, you tell yourself, because of course your own mother isn't going to be sad when you succeed and glad when you suffer, right? And so maybe you feel like a bad daughter for even doubting her.

Around and around go your feelings and emotions and half-formed thoughts, till you think you must truly be crazy.

If all this is true for you, you are far from alone. Millions of women all over the world have experienced the same crazy-making hall-of-mirrors. And this is why: their mother - like yours, possibly - has Narcissistic Personality Disorder. Realising about NPD explains the whole crazy-making dynamic, and this realisation is so freeing and life-changing. It can be a tough realisation too, however, and this book aims to support you on the tough bits of that journey.

For the price of 10 minutes of therapy, this book explores how narcissists behave, how they treat their daughters, and that behaviour's impact on those daughters' lives. It also gives tools and resources to help you heal from the toxic and abusive relationship and to start living the life you always deserved to live.

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Mary Barnett:

Spent a free time for you to be fun activity to try and do! A lot of people spent their free time with their family, or their particular friends. Usually they performing activity like watching television, planning to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Could possibly be reading a book can be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the reserve untitled You're Not Crazy - It's Your Mother: Understanding and Healing for Daughters of Narcissistic Mothers can be fine book to read. May be it could be best activity to you.

Melvin Dove:

Playing with family within a park, coming to see the marine world or hanging out with buddies is thing that usually you might have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love You're Not Crazy - It's Your Mother: Understanding and Healing for Daughters of Narcissistic Mothers, you could enjoy both. It is excellent combination right, you still wish to miss it? What kind of hangout type is it? Oh can occur its mind hangout guys. What? Still don't understand it, oh come on its known as reading friends.

Frank Godwin:

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