



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

Zari L Ballard

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Do you feel "love addicted" to a narcissistic abuser?

Are you separated but still struggling with the mental connection?

Do you feel that family and friends don't "get" what you're going through?

Despite all that you know, do you still wonder if things could be different?

Has the onset of relationship amnesia kept you tethered to only good memories?

Are you often jolted by separation anxiety and sudden impulses to break no-contact?

Does the road to recovery seem far too long to have to go it alone?

If you're reading this, it's likely you've come to the end of the line with a narcissistic abuser. You've had enough of the silent treatments and the covert manipulation and you just want out. Maybe you've even managed to survive the physical break-up but now struggle with the ongoing mental connection. Perhaps you feel that you've somehow become addicted to the very drama that you hate! Well, I'm here to tell you that you're not alone and there *is* a way out. This workbook contains information that will fix you. I know this because I wrote it and I'm just like you. In fact, our lives are interchangeable. My name is Zari and I'm a survivor of narcissist abuse. I know what you feel and I know what you're thinking. I do, in fact, "get it" and only someone who "gets it" can even begin to understand what you're going through.

Like my first book, *When Love Is a Lie*, this companion workbook approaches relationship recovery as a team effort. Using this book and support via my blog, you will 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...but I do and so do you.

In this workbook, I will

- *..share personal experiences with silent treatments, triangulation, and more that will resonate with your own - and I mince no words*
- *..guide you step by step through the same post-breakup process that helped me "get it right" in my 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 until it all comes into perspective*
- *..promise you mental closure, relationship reconciliation, and acceptance that yes, it's time to move on...and you're strong enough to do it*

Other than continuing to suffer, planning a strategy for taking our lives back is the only viable option. So whether you've recently been discarded by a narcissist or ended the relationship yourself or whether you're still involved and looking for a way out, I'm offering an empowering solution that works for everyone. The

lessons provided on the pages of this book will demystify the recovery process, enlighten and unburden your weary mind, and put the situation in its proper perspective. And that's a promise I can guarantee!

Download this book to get started today!

For more articles and information about narcissism in relationships and to ask questions/receive advice in a forum-style setting, visit my blog: thenarcissisticpersonality.com

***With love,
Zari***

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Janice Wilham:

Now a day those who Living in the era where everything reachable by interact with the internet and the resources inside it can be true or not need people to be aware of each info they get. How many people to be smart in obtaining any information nowadays? Of course the answer then is reading a book. Reading a book can help men and women out of this uncertainty Information specifically this Stop Spinning, Start Breathing: A Codependency Workbook for Narcissist Abuse Recovery book because this book offers you rich information and knowledge. Of course the info in this book hundred percent guarantees there is no doubt in it as you know.

Bernice Capps:

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Ann Foley:

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