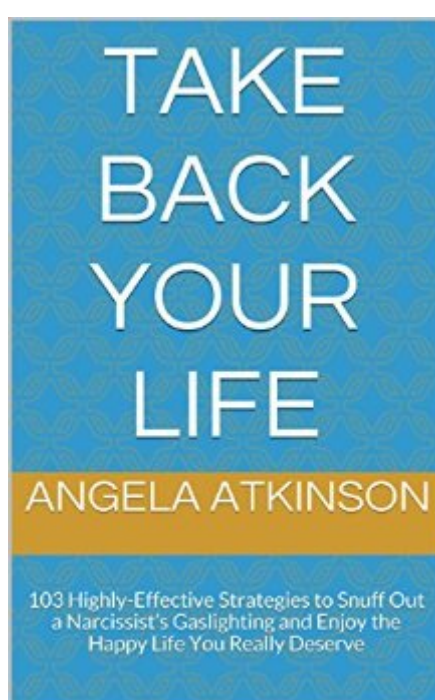


The book was found

# Take Back Your Life: 103 Highly-Effective Strategies To Snuff Out A Narcissist's Gaslighting And Enjoy The Happy Life You Really Deserve (Detoxifying Your Life)



## Synopsis

Are You Being Gaslighted? You're at a party and you notice your husband getting a bit too close to another woman. After the party, you confront him. He tells you to stop being so insecure and controlling; that he's his own man and if you don't like it, you shouldn't have acted like that in the first place. After arguing all night, you end up begging for forgiveness and apologize for the trouble. Maybe it's your mom - she's picking on you like it's a sport. She's worried about what you're wearing, what you're eating - who you're hanging out with - but it's unhealthy. Instead of fighting back, you just suck it up and take it - maybe you're too sensitive, or perhaps you really are crazy after all. Who can't take a bit of criticism, anyway? Or it's your boss, who told you you had his support on your latest project, only to backpedal when it's time to present it to the team. Suddenly, he criticizes you for your poor choices and he's jumped ship - but when you talk to him later, he tells you it was wrong from the beginning and you need to be more careful in the future. You find yourself wondering if your judgment might really be flawed, after all. Maybe this stuff doesn't happen in your life, but for many people, it's an everyday reality. If you think it could never be you, think again! Some of the most intelligent and capable people are living in painfully toxic relationships with narcissists, and they're plagued by regular bouts of gaslighting, an insidious form of emotional abuse and manipulation that can be crueler than more obvious forms of abuse because it sort of sneaks up on you. Because of its insidious nature, gaslighting is one form of emotional abuse that is hard to recognize and even more challenging to break free from. Part of that is because the narcissist exploits one of our greatest fears - the fear of being alone. This book offers a comprehensive plan for dealing with gaslighting and other forms of narcissistic abuse. Inside you'll find all kinds of tools to help you snuff out gaslighting and toxic emotional abuse, including the following. Start on the Road to Emotional Abuse Recovery  
The 10 Most Important Things You Need to Know if You're in a Toxic Relationship With a Narcissist  
Mean People Suck: 3 Top Life Hacks for Dealing With Your Everyday, Average Narcissists  
3 Best Practices for Dealing With Negative People in Your Life  
Narcissists in Relationships: Where Gaslighting Begins  
5 Surprising Facts About Gaslighting  
3 Shocking Common Qualities Among the Partners of Narcissists  
The 3 Stages of Gaslighting  
Gaslighting Stage Two: Defense  
Gaslighting Stage Three: Depression  
How can you tell if you're being gaslighted?  
Top 10 Warning Signs You're Being Gaslighted  
Narcissistic Rage and Narcissistic Injury: 6 Life Hacks to Diffuse a Raging Narcissist  
Surviving Narcissistic Rage and Narcissistic Injury: Diffusing a Raging Narcissist  
Overcoming Your Narcissist: Top 10 Strategies to Overcome Anger and Gain Peace  
Top 10 Tips for Enhancing Your Emotional and Mental Health  
Staying in Control: Crucial Tactics for

Managing Panic Attacks  
4 Must-Know Facts about Panic Attacks  
9 Best Ways to Manage Panic Attacks  
Self-Confidence Booster: 8 Step Action Plan for Recovering From Narcissistic Manipulation and Abuse  
6 Tips for Overcoming Adversity  
8 Ways to Harness the Power of Personal Boundaries  
PLUS: A Special Bonus Section  
Be Your Own Life Coach: A Comprehensive Self-Healing Program  
7 Days to Inner Peace - Daily Affirmations & Reflections for the Victims of Gaslighting and Other Forms of Narcissistic Abuse  
Day 1: You Are Blessed.  
Day 2: I am the best version of myself.  
Day 3: I love and approve of myself  
Day 4: My mind is clear and focused.  
Day 5: I deserve the very best in my life  
Day 6: I am growing stonger in body, mind and soul.  
Day 7: I am grateful for all of the good things in my life.  
What are you waiting for? This is the book that can change your life -

## Book Information

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## Customer Reviews

This book was a quick read but filled with excellent tips and suggestions for what to be aware of when living with narcissistic abuse . Many self help tips I found useful. Would like more emphasis on breaking free from toxicity, though.

This review is for this book, and for all books about psychological abuse whose language favors one gender more than the other: An emotionally abusive partner/parent/society is a deeply rooted and wounding life problem for people who are kind at heart. Unfortunately, many books about verbal abuse communicate almost exclusively to women, rather than being gender-neutral. Emotional abuse is not a general issue. Many mothers abuse their sons, many girlfriends manipulate their boyfriends, and many women marry with ulterior motives based in gender hatred. Books like this that lean to one gender may be providing more in the way of victim status to abusers than in liberating the abused from their oppressors. Statistics may show that one gender is more abusive than another, but statistics only show what is observed; not what actually is, which may never truly be known. Statistics are for doctors only and should not be brought to bear on any patient who is suffering and seeking help. Two stars, because 'hate' is too strong a word.

I cant express in words how much this book and her website hashelped me. angela really must be an angel!

Excellent book. Very informative

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HomeSchooling: Highly Effective for Beginners Learning a Musical Instrument The 7 Habits of Highly Effective Teens: The Miniature Edition The 7 Habits of Highly Effective People: The Reader's Guide Edition How to Quit Without Feeling S\*\*t: The Fast, Highly Effective Way to End Addiction to Caffeine, Sugar... It's Always Sunny in Philadelphia: The 7 Secrets of Awakening the Highly Effective Four-Hour Giant, Today Los 7 Habititos de la Gente Altamente Efectiva [The 7 Habits of Highly Effective People] The 7 Habits of Highly Effective People Personal Workbook It Pays to Win on Defense: A game-based soccer approach to developing highly effective defenders (Game-based Soccer Training) (Volume 2) I Deserve a Donut (And Other Lies That Make You Eat): A Christian Weight Loss Resource An Insider's Guide to Social Security Disability: How To Get The Benefits You Deserve

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