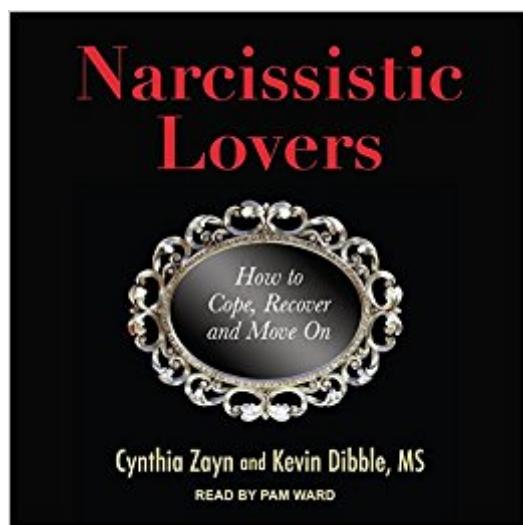


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# Narcissistic Lovers: How To Cope, Recover And Move On



## **Synopsis**

In a revealing study of relationships where partners love themselves first, last, and always, Cynthia Zayn and Kevin Dibble help listeners determine whether their partner is over the line and has narcissistic personality disorder. The book draws on the authors' research and interviews with a variety of men and women who've been narcissized. Featuring compelling stories and scenarios, *Narcissistic Lovers* helps victims understand the pain brought on by their abusers, shows why these self-loathers can't change, and offer hope for healing from their "N-fliction."

## **Book Information**

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## **Customer Reviews**

"*Narcissistic Lovers* is clear, and easy to understand which makes it very accessible." ---The Write Reader

Cynthia Zayn is a public school teacher who has taught many grades from preschool to first-year college students in the United States and abroad. A graduate of Warner Southern College, she lives in the Atlanta, Georgia, area and is the mother of three teenaged children. Kevin Dibble, MS, is a counselor who has worked with adults, adolescents, and families in crisis in a variety of settings for the past twenty years. He received his MS from Georgia State University and was the lead therapist in the outpatient adolescent program at Parkwood Psychiatric Hospital. Pam Ward has performed in dinner theater, summer stock, and Off-Broadway, as well as in commercials, radio, and film. An experienced narrator, Pam has recorded many titles for the Library of Congress Talking Books program. She is the recipient of an AudioFile Earphones Award and the prestigious Alexander

Scourby Award.

If you believe that you are in love, read this book. If you are finalizing your wedding plans, read this book. Unless you enjoy mental anguish, read this book. Straight from Hell, the narcissistic 'lover' will appear, to ruin your life. The only person the narcissist loves is the narcissist himself (or herself). You are a provider. Money. Sex. Nothing more. The 'power' that the narcissist seems to have is that you do not know what the narcissist is doing to you. To your mind. To your heart. Better to pay for this book than to pay a divorce lawyer.

The day that I received this book I read half of it, I could not put it down. It is very well written & it is fair to both men & women as potential victims. The authors follow one particular character from the point of meeting "the love of her life" through survival following the relationship with a narcissist. A lot of authors change from one character to another with no insight in between, only examples & never help the reader to understand what happened or why so the reader is left with unanswered questions. There is only one thing that I disagree with the authors about: although a co-dependent can definitely & very easily fall for a narcissist it is not because the narcissistic person makes them feel better about themselves than they really are. Narcissists are such terrific actors in the beginning of the relationship that one can really believe that he/she has truly found their soul mate. It's that we want to believe in the best side of people. We are after all nurturers & we hope to find that in a mate. That being said, I would absolutely HIGHLY recommend this book to anyone who is reeling the affects from a "love that was so perfect, so why did it end so abruptly, & yes, I saw the signs that were too painful to acknowledge but i thought I could fix it" victim. There IS hope after reading this book. I will definitely be reading this one again!

This was by far the most insightful, eye opening, helpful book I have ever read. I wasn't aware that I had been in a relationship with an N until reading this book. The situation just made SO much more sense, and was helpful to know I wasn't the only one who felt this way. The book is great at describing what to look for in an N (including specific examples), as well as providing the tools to help yourself get through the relationship/break-up and move on. The book is so great at validating your feelings, but also very clear on what one should do for the future. I highly recommend this book!

I ordered this book for my son. He didn't want to read it-not because of the book, just because he

disagreed with me. But according to the preview, it can describe anyone, not just "lovers." It can help a person understand a parent, co-worker, others in their lives. His biological father was this way. I meant to get it back from him when we went to visit recently and forgot. I would read it myself to understand his bio father, as he was just dreadful. Oh well. I still recommend from what I saw in the preview if you want to know about this awful mental illness that grips people. I compared many books, and this one seemed to be the best.

I usually don't review purchases, but this book has described my relationship for the past 15 years. I always thought that I was the problem, when a friend suggested that I might be with a narcissist and then confirmed by my therapist, I started to do some research. This book resonated with me and has helped me through tough times. This is a definite MUST read for anyone who is with a narcissistic partner.

Finally I found a book that explained the charming, the seduction but also the rages, the lyings and the extraordinary capacity to suddenly exclude you from their script as soon as you challenge them. It kills also all illusion that they will change since all their defenses are orientated to avoid being criticized.

As a former victim of and former primary supply to an 'N', I found this book to be incredibly helpful. It helps me understand why he did what he did and I did what I did. I find myself reading it over and over again to reinforce what I've learned from it, when I have a weak moment and want to contact him. If I were going to criticize anything about this book it would be that I wish there were more resources pointed out to reach out to others who have been through the same situation. I tried using the website the book suggested but it no longer exists.

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