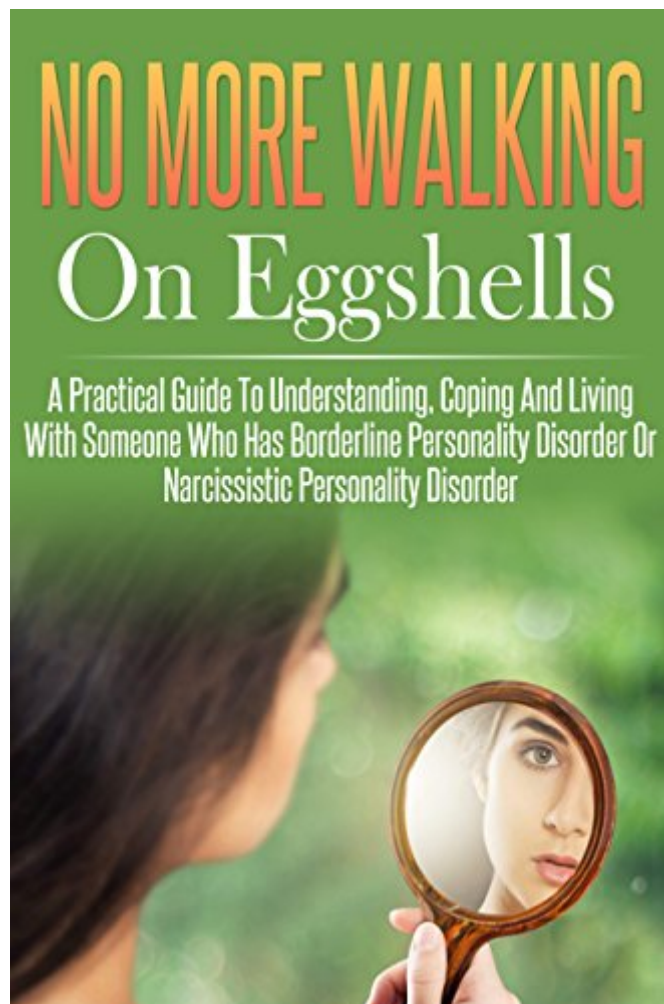


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Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder.





Synopsis

NO MORE WALKING ON EGGHELLS, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder*****3rd Edition*****This book is a well-rounded introduction to the complications presented by the mental disorders of Narcissistic Personality Disorder (NPD) and Borderline Personality Disorder (BPD). It paints a clear picture of who a narcissist is and who a person with BPD is. You get to learn from this book that narcissism has variations and that each category of narcissists needs to be handled in a unique manner for normalcy or the semblance of it to prevail in life. One thing that this book brings out clearly is the fact that despite the fact that life is difficult with a narcissist around, the same narcissist can contribute positively in a community if the environment is right, and if people around them understand what to expect of a narcissist. That makes this book all the more valuable because it outlines clearly how to handle each type of narcissist for you to get the best out of them and to keep them from making the social or working environment toxic. Any time you want to write off a narcissist, read through this book again and get to see where you can place that person as far as categories of narcissism are concerned. Then see what the book says about handling such people. You may be surprised that some steps you may pick from this book can be the solution nobody ever suggested to you before. And hence the person you loathed begins to make fruitful contributions to your group or community, and incidences of friction between the narcissist and other people begin to reduce. In this book, you will learn: What Narcissistic Personality Disorder is What Borderline Personality Disorder is How NPD varies from BPD The red signs that will alert you when you are dating a narcissist The red signs that will alert you when an employee is a narcissist How narcissism affects leadership in religious circles The best way to handle a partner who is narcissistic What to do to stop falling victim to narcissistic manipulation How to behave when living with a person with BPD How to bring happiness into your life despite having a narcissist in it Various positive contributions you can derive from a narcissist How to keep a narcissist in check while keeping your cool And much, much more.. So don't delay and get your copy today

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Customer Reviews

This book is a relationship saver. Being in love with someone who has BPD is a hard life. There is no other way to put it, and you do feel like you are walking on eggshells. I read this book because his therapist recommended it, and I read it in one day. Once I started, I could not stop. This book was written about us. Every single word resonated down in my soul. This book prompted me to write him a letter, and tell him how I felt like I was not being heard, and why we argued about the same things over and over - his constant interrupting me, because his opinion was the only one that mattered, made me feel as if what I needed to say was never said. Based on the suggestions in this book, I laid out a list of things I was willing, and ABLE to do for him, behaviors that I know I need to modify in myself, but had no idea affected him the way they did. Then I asked for things I needed for myself. Behaviors I need him to work on. I understand that it is a work in progress, that he is a work in progress, and that WE are a work in progress. But without this book, I don't know where we would be. My letter changed so many things. He lacks a lot of empathy, and it is hard to have a relationship with someone who can not understand when you hurt, but I think now he does, to a degree. This book did that. More than that, it told me what I was doing wrong. Just because he has a mental issue, does not mean it is all his fault. We can respond wrong to our BPD loved ones, which in turn makes them more anxious and increases the negative behaviors, and then we get even more upset, and it is a bad pattern that will repeat until we stop it. They CAN NOT. It is not that they choose not to. They are not capable. We must help them. Understanding that has made a

huge difference.

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