



## Stop Spinning, Start Breathing: A Codependency Workbook for Narcissist Abuse Recovery (Paperback)

By Zari L Ballard

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Workbook. Language: English . Brand New Book. Stop Spinning, Start Breathing - from the author of When Love Is a Lie The characteristics of a narcissistic personality and/or narcissistic partner are such that once we finally bridge a connection to our partner s behaviors, there s simply no denying that we ve found the answer. In an instant, we recognize our story as identical to all the others and our partner as interchangeable with every narcissist and sociopath on the planet. But making the discovery that the person we love is a fake doesn t magically give us the ability to walk away or make our codependency any easier to handle. Sadly enough, we become addicted to the very drama that we hate. In essence, we become the suffering - but it doesn t have to be that way. You can learn to mentally break free from the emotional abuse caused by a narcissist partner. Recovery from narcissist abuse is about coping with the emotional collateral damage of what you ve experienced.and this is where Stop Spinning, Start Breathing, as a recovery workbook, will have the biggest impact. Stop Spinning,, Start Breathing,...



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