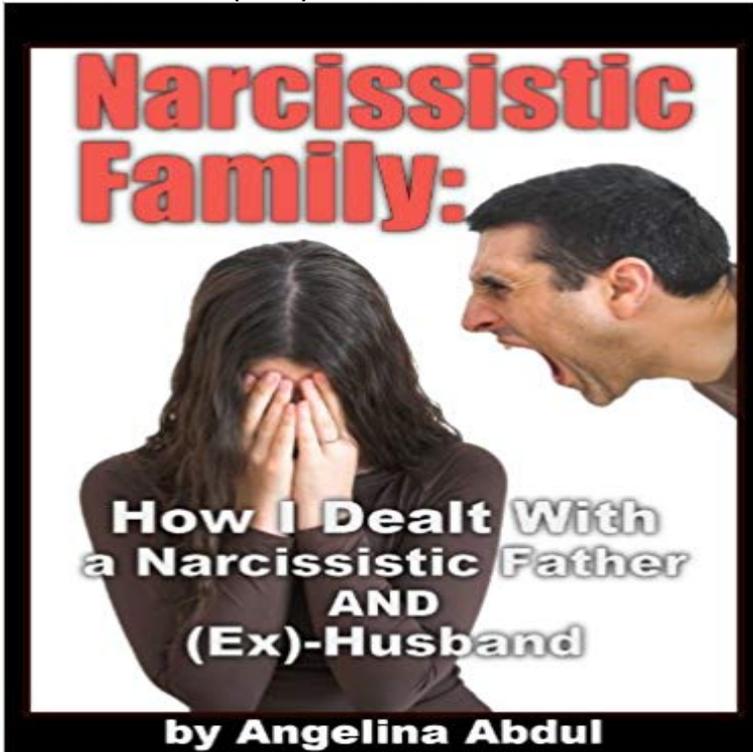


# Narcissistic Personality Disorder: How I Coped With a Narcissistic Father and (Ex)-Husband



This ebook chronicles my experience growing up with the most destructive narcissist in my life - my father, and later on, my ex-husband. Both were control freaks, insisting on controlling nearly every aspect of my life, which eventually resulted in my own mental problems and the need for therapy. The book is written chronologically, with relevant events from my childhood, adolescence, young adulthood and my present life. The end of this report contains practical advice for readers, ranging from seeing a therapist to maintaining healthy friendships. I hope that my report will provide inspiration for others who are still struggling with the narcissists in their lives. Its never too late to heal. I wish you the very best for your journey forward. Thanks for reading, Lina

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