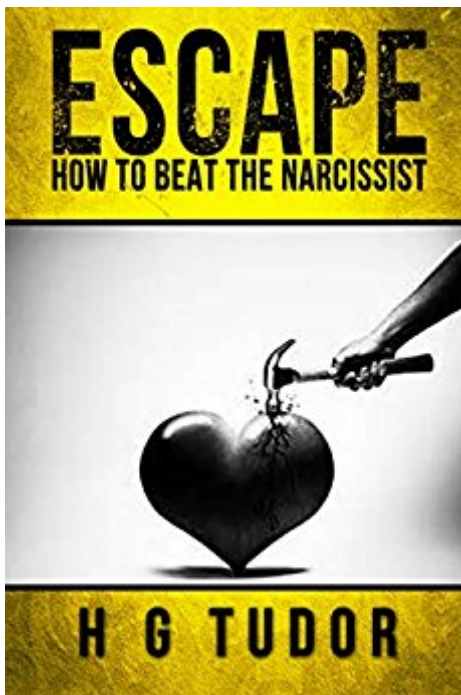


The book was found

Escape: How To Beat The Narcissist



Synopsis

Learn from the narcissist the ways you can escape him or her. From achieving a total escape to key methods of countering his or her manipulative machinations, all delivered from a master practitioner of the dark arts. Understand how these techniques affect the narcissist, realise why they are so effective and gain an insight into what you must and must not do in order to achieve your escape. This book considers the mind set and controlling techniques the narcissist uses against you and then reveals what you can do about it. Invaluable knowledge from the dark mind of the narcissist.

Book Information

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Customer Reviews

I liked the book. Interesting point of view from the narcissist. He gives solid advice . if you are in a relationship with a narc, you need to read this book before planning your escape. Get a new cellphone, scan your residence for bugs, debug your laptop and have a professional detective look at your car, check for GPS monitors etc. Some narcs are ruthless and the author gives you an

insight into the mind of the evil narc. I didn't like the spelling errors "focussed" instead of "focused" "b" instead of "be" "you" instead of "your". The author should invest in an editor. But then, he is a narc, he is perfect. Haha. If I am spending my money to purchase a book, I expect it to be edited and free of spelling errors.

The best read in his series by far, especially for my situation in recently going no contact. No matter how you logically try to reason with yourself that there will be something you can do, he lays it all out on the table why it can never be and why you have no choice but to exit from this person's life. Highly recommend!

From not understanding what was causing my unhappiness, to understand that I am innocent, took a lot of effort. I mean "understand" in the way that I now can act in my best interest, even as my partner fakes distress in the most convincing manner. Now I have tested what I have been advised to do in this book, and it works! It works!

A step-by-step guide as to how to get out of that awful relationship that keeps you tied in knots. I am so glad to have had the relationship I did with my ex, so I could become more aware of how I attract that type of person. But I was even more glad to be RID of him! Everyone who is in a tumultuous relationship should read this book!

Very good book. I found out I was married to a narcissist only last year. We were married for 26 years. This helped me learn what a true narcissist is and what effect he had on me over the years. I'm in the process of trying to escape. We have been separated for about a year but I haven't been able to leave him alone. Now I know why.

Fabulous read and an authentic look into the mind of a true narcissist... There is no better way to heal than to read the stories and advice from the real source... All of the authors books are a great read...

Wow.....HG, Never did I ever actually think anyone could know the life I endured for over 2 decades. All I have ever wanted is just the truth. I did not care that the truth would hurt me. "Let me deal with that" I would say. I would pray and pray. "Please, let me just know the truth." "If I have the truth, I can heal, I can move forward." Your books are amazing. I thought I was so broken there was

no hope for me to ever recover. I am finally starting to have some hope, in me. " Thank You" And HG, Yes, I do run very fast at the slightest sign of a Narcissist. Even when a Narcissist is pretending not to be a Narcissist. To me, one can never be over cautious with that dance.

Great tips to handle the Narcissistic person in your life and to plan your leaving without being sucked back into the emotional roller coaster. This and Departure imminent go together well

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