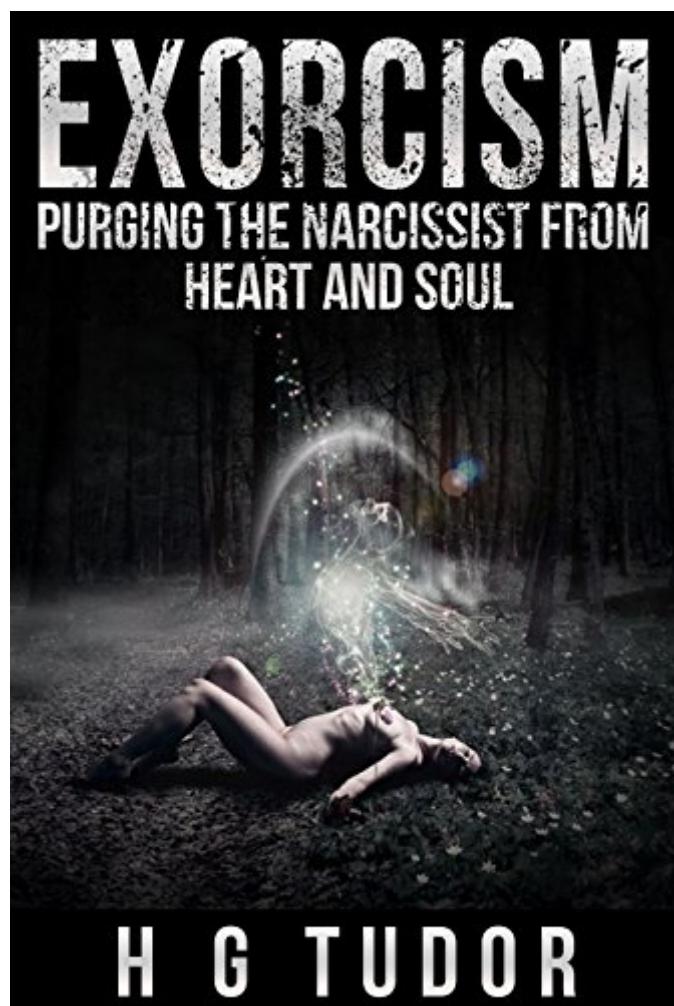


The book was found

Exorcism: Purging The Narcissist From Heart And Soul



Synopsis

The narcissist may be physically gone but his or her influence remains and it hurts. Whether you have escaped the narcissist or you have been cruelly discarded, the period thereafter is difficult, worrying and painful. Why can't you move on? Why do you keep thinking about them? How can we exert such a hold over you for months afterwards? Why can't you get him or her out of your mind? Why do you see them everywhere you look? Why does it feel like he or she is still buried deep in your heart? Most importantly of all, what can you do to get rid of this feeling? This is the answer. Through the narcissist's perspective you will understand why you have been infected, why it is so effective and how you can successfully exorcise the narcissist from your heart and soul.

Book Information

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Customer Reviews

Incredibly profound! The step-by-step process that H.G. articulately lays out for one to systematically follow in clearing out of the fog, accepting your new reality that this person never had your best interests at heart or even loved you, how to accept the grief process for what is lost with

the relationship and the part of you that you gave, and begin to climb out of the abyss to move on, is second to none. In fact, the consideration written when one is left behind can really apply to a hard breakup of a relationship whether the person was a narcissist or not. One of the best in his series!!

Another great book by HG Tudor. It helped me deal with all potential reminders of a past unhealthy relationship and reduced the prolonged suffering of having to see and hear these reminders. An extensive list of things one may not think of. Great for moving forward and changing one's mindset to a more hopeful future.

This is a must read for anyone who has suffered from being in a relationship with a narcissist and still unsure of how to cut them loose mentally. This book will give you a plan to purge them from your whole being. Reading this will help you begin to see the light at the end of the tunnel and your beautiful self will emerge and rise again! If you follow the steps that H G provides for you, you will no longer be held captive.

This helped me a lot in my journey to get the narc out of my life for good. He recently started hoovering me at work and normally I'd take the bait and start texting but damn it must be hurting his ego knowing I'm done with it.

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