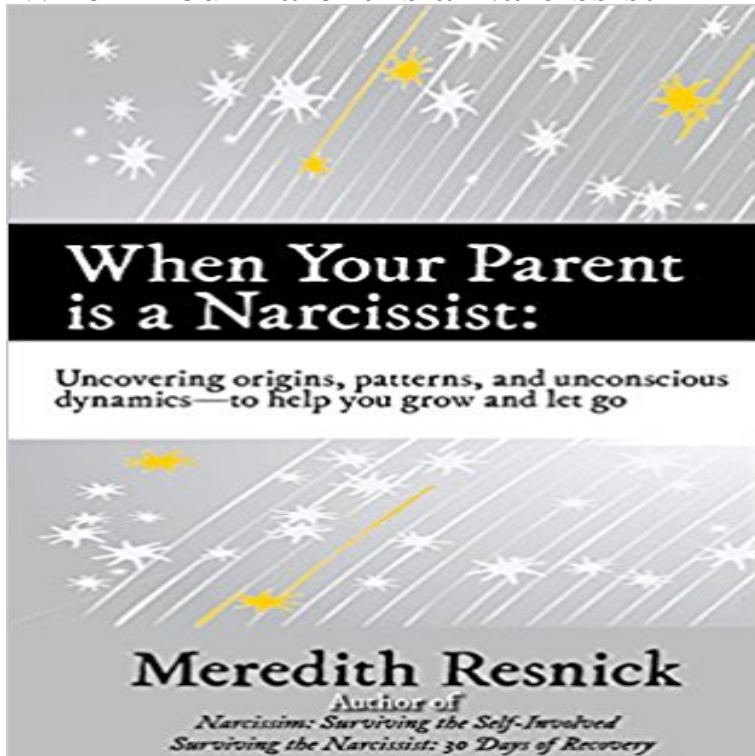


## When Your Parent Is a Narcissist



Every parent is different. Every child is unique. But when the parent is a narcissist, there are patterns and behaviors that are specific to how they relate to their child. These patterns and behaviors can set the stage for how the child's self image develops. The purpose of this book is to present these manifestations in a distilled format, simple and ordinary, to demystify the dynamic to help individuals grow and let go. In writing *When Your Parent Is a Narcissist*, the purpose is to help readers see how the unhealthy dynamic, having taken root in childhood and manifested insidiously, may continue into adulthood. Think of this as a guide to help you understand the nuanced ways that a narcissist parent's toxicity infiltrated your life, and then to help you achieve what you need most to reestablish the relationship you have, and may have lost, with yourself.

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