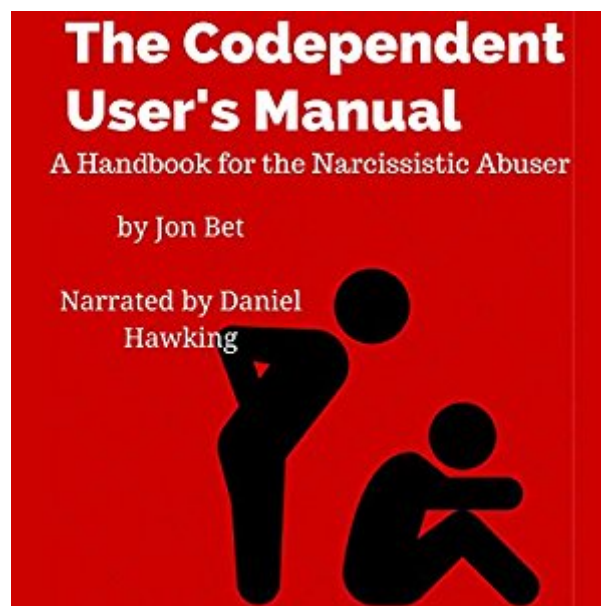




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The Codependent User's Manual: A Handbook For The Narcissistic Abuser



Synopsis

This is not a satire, but it takes a satirical approach to shedding light upon a very dark subject: narcissistic abuse. It is intended to demonstrate to those struggling with codependency just how narcissists actually view them. By listening to their "play book", codependents should be able to recognize covert abuse and avoid its pernicious effects.

Book Information

Audible Audio Edition

Listening Length: 54 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Jon Bet

Audible.com Release Date: January 13, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01AIMJXMU

Best Sellers Rank: #28 in Books > Health, Fitness & Dieting > Addiction & Recovery > Adult

Children of Alcoholics #106 in Books > Health, Fitness & Dieting > Mental Health >

Codependency #1163 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

It explains why I feel like a magnet for jerks. I see the tactics clear as day now so hopefully I will be able to spot them and avoid them in the future.

Shared this with a friend who desperately needed some common sense to snap them out of their rut. If you are not sure if you're being taken advantage of in relationships, life, etc. Read this book and you'll realize you are.

Listened to this book on Audible and was devastated. Maybe it was the succinctness of the material but it surely hit home. The Manual accurately described what has happened to me in all the areas the author addressed. Don't know if it would have helped years ago but it sure helped by confirming what my research showed. Bought the paperback to read and share with others.

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