

**NARCISSISM: SURVIVING THE SELF-INVOLVED - A
LITTLE PRIMER ON NARCISSISM AND SELF-CARE**

Eva Elayne You

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As someone who was raised by a narcissist, I can't recommend Meredith's help enough. Self care is so important when it comes to the healing process.

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She is now in the same pain I was and although my hurt and
anger are still here ultimately I feel pity on. One place that
may be able to get you to a large enough audience to actually
find someone would be facebook.

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country's store to see books available for purchase. After I
would state my hurt from this exclusion, he would buy me gifts
such as diamond earrings. It may be because people with
narcissism can and do present themselves quite charmingly.
IwasthenimmediatelyputonedgeandhadtopacifyhimsayingnoIdontmeanit
left, I signed the house we bought together over to him and
did the no contact rule.