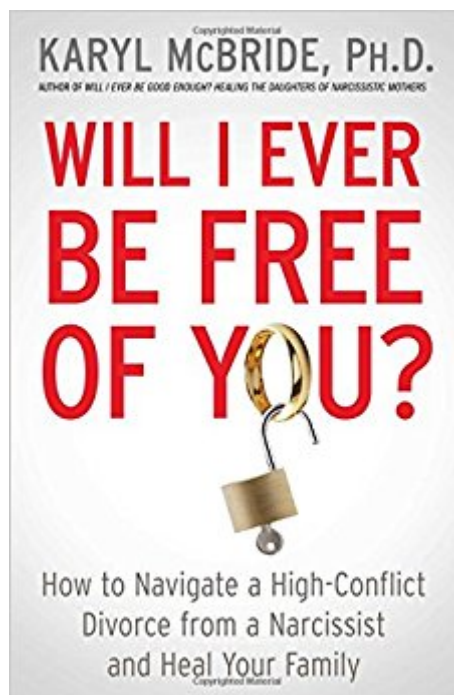




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# Will I Ever Be Free Of You?: How To Navigate A High-Conflict Divorce From A Narcissist And Heal Your Family



## Synopsis

The bestselling author of *Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers* draws on her expertise in treating men, women, and children damaged by narcissists in this practical guide to divorce and its aftermath. Narcissism is a personality disorder that goes beyond mere selfishness and vanity; it is a prevalent cause of marital and family problems. Narcissists do not have the capacity to love, understand other people's emotions, or feel empathy. They are grandiose in their need for praise and attention, they overestimate their abilities, and they diminish people around them with emotional abuse. Being in an intimate relationship with a narcissist destroys your hopes, dreams, and peace of mind and erodes your children's emotional health and your finances. Does this sound like what you have to deal with? If you ever look at your partner and wonder in despair if you will ever be free, the answer is yes, you can be. A leading authority on narcissism, Dr. Karyl McBride offers proven therapeutic advice that will help you protect and nurture yourself and your children through your difficult divorce, from separating from your narcissistic partner and navigating the court system, where a narcissist can be especially destructive, to a restorative healing program of trauma recovery.

## Book Information

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## Customer Reviews

"An important, groundbreaking book. Dr. McBride opens our eyes to these toxic individuals who damage their spouses, children, and inevitably the legal system. This innovative program will help families chart a course and create health and healing through the divorce process." (Renee Richker,

MD, Child and Adolescent Psychiatry)"Dr. McBride has put together a terrific, step-by-step guide for dealing with divorce from a narcissistic spouse. There is a huge need out there for this information, and Dr. McBride's long-term experience in therapeutic and legal settings makes her the perfect person to put it out there. I know I will be personally recommending this book for years to come." (W. Keith Campbell, Ph.D., co-author of THE NARCISSISM EPIDEMIC) "As a family law attorney, I would give this book to certain clients with a highlighter and sticky notes. Enough said." (S. Scott Lasher, Esq.) "Karyl McBride's Will I Ever Be Free of You? is a smart, practical guide to a perplexing problem - severing your tie to a highly narcissistic partner. Full of good advice and moving examples, it is as readable as it is sensible and helpful." (Terry Real, author of The New Rules of Marriage) "Compact but thorough guide to successfully handling and surviving a divorce if you're married to a narcissist... Packed with useful advice... Proactive, goal-oriented, sound advice on how to heal, and how to move forward.... The author isn't satisfied with helping the thousands of men and women whose lives have been damaged by narcissists and are involved in high-conflict divorces. She wants to help the children, too." (PsychCentral.com, Therapy Soup)

Karyl McBride, Ph.D., is a licensed marriage and family therapist with more than thirty years of experience in public and private practice, specializing in treatment of trauma. She is a leading authority on narcissism and author of Will I Ever Be Good Enough? Healing the Daughters of Narcissistic Mothers. She is a contributing blogger for Psychology Today, Huffington Post, and her recent book was featured in the New York Times book club. Dr. McBride can also be found online at WillIEverBeGoodEnough.com, KarylMcBridePhD.com, and Facebook.com/DrKarylMcBride.

One of the best books on Narcissism and divorce. I've recently had to acquire most of these books for help with Narcissism, Narcissistic Personality Disorder/NPD, and divorce. This is an excellent choice for anyone dealing with these problems. The author explains the problems well, perhaps better than most, and offers clear advice. If you only buy one book on this topic, buy this one for its clarity and coverage of the topic.

I was recommended this book by a friend who said it may help with some anxiety I have been having when dealing with an ex. She said it related back to narcissism and this book would be a great read to enlighten me on better ways to deal with the less than ideal situation. It was a great read and definitely gave me insight into not only the crazy of my ex and his narcissism, but also so

insight into myself and my life. Definitely would recommend this book to anyone who has questions about narcissism and better ways to cope with these types of situations.

This book was eye opening. I highly recommend this book to anyone who suspects or knows that they are in a relationship with a narcissist. It shed a whole new light on what I experienced during my marriage to a narcissist. Sometimes I thought it was just me because so many people were fooled by him, but now I know better. I only wish Dr. McBride had not confirmed my suspicion that even after the divorce, when a narcissist is involved, it's never really "over".

This book has allowed me to finally let go of stuff I was holding onto. Making myself feel responsible for things that were not my burden to carry! It feels good to be able to see that other have struggled with people just like my ex-husband. My only wish is, I had this book prior to divorcing him. Thank you!

Great Book!!!! I've purchase 3 copies now. If your ex is a high conflict person, READ this book. It will help you to look outside your pain and help you to heal yourself so you can more easily move on. If you have children involved in a high conflict divorce, READ this book. It will help you navigate through some of the tough times ahead when children are pulled in different directions and help make you a better parent to your children. If you have a grown child going through a high conflict divorce and especially if there are grandchildren involved....READ this book. It will give you insights into the many aspects of their lives and help you be a better support parent/grandparent. Dr Karyl McBride Ph.D has years of expertise she shares to help others.

This book has had a miraculous effect on my recovery and my ability to cope with divorcing a narcissist. I'm so grateful I found it.

Excellent book! Well written, very informative and geared for those working in the legal system and the general population.

I highly recommend this book to divorce and family law litigants, their family members, and to their attorneys and MHPs. Because, if you are facing a narcissist, you will be asking - "Am I crazy, or is it them?" It is a relief to know it is them, and even more so to come to find some strategies that will help you cope with your role as a planet caught by relationship gravity too close to an unending

supernova. Moreover, if you are not a spouse or domestic partner who is coupled with such a person, by law or blood, it may help you to refuse the conversation or engagement with the narcissist in the first instance, or early on (even no matter how much money they might throw at you to enlist your aid). As Karyl notes in her Introduction, her book is divided into three parts: "Recognizing the Problem," "Breaking Free," and "Healing from the Debilitating Impact of Narcissistic Relationships." Which is nice because this isn't a book to read from cover to cover as much something to flip through and take all in in no particular order. I promise you that if you are involved in some way with a true narcissist, nearly every page will sound familiar. In fact, certain sections may scare you as the truth of your relationship reality dawns upon you. In that sense, your read will be a bit of a roller-coaster, as you inevitably arrive at the shore of "Holy Crap, what do I do?" For that reason it is not a book for the faint of heart, but ultimately what makes us wiser makes us stronger, neh? As you become immersed in these awakenings, you may not be able to put the thing down, and your heart may even race a bit. Karyl's book is subtitled "How to Navigate a High-Conflict Divorce from a Narcissist, and Heal Your Family", and she means her work to be a book of dawning recognition and a vehicle of hope. For me, she has succeeded very nicely.

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