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How To Do No Contact Like A Boss!: The Essential Guide To Detaching From Pathological Love & Reclaiming Your Life



Synopsis

Highly recommended for anyone who is presently in a relationship that brings them pain and misery. This book will give you the emotional strength and practical support it takes to detach from love that hurts. If you currently hesitate about leaving your partner even though you know they are no good for you - you MUST read this book. Includes a special section for the Highly Sensitive Person!

Excerpt ~The Day of No ContactThe day of No Contact can be both exhilarating and intimidating. And no wonder: you're facing the tremendously exciting prospect of freedom and a better life, but you are also racked with uncertainty and you are dealing with the huge amount of toxic shame and blame that victims have typically been left with by this point. Your emotions on the day of No Contact may include fear, guilt, and a sense of "letting your partner down". In the next minute you may feel euphoric, imagining your life free of oppression and darkness. Which feeling wins? In the spirit of an old Cherokee saying (Two Wolves), "The one you feed". The best rule of thumb on the day of No Contact is to keep your focus centered on the positives. If your subconscious mind brings up feelings of pain or fear, say to yourself, "Thank you for caring about me. We can deal with that later. For now, I'm working on our freedom". How to Do No Contact like a Boss explains the reasons for going No Contact and takes the reader from the initial planning stages, exit strategies, the moment of No Contact, what to expect in the days that follow, and how to deal with a persistent and/or abusive ex who refuses to respect one's request for No Contact. Also included are alternative healing methods that address what traditional therapy often overlooks.

Book Information

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Customer Reviews

This book has helped me through a tough spot in my recovery from dealing with a Narcissist. The author understands on a personal and professional level and that clearly comes through in this book. I found it hard to put down because so much was resonating with me. Thank you for renewing my strength and faith in myself! A must read if you are trying to do no contact or even if you just want to understand why you were targeted by the NPD person!

Have you found yourself doing google searches like, "Is my partner a narcissist"? If so, you need this book! Kim Saeed will be your new best friend. Holding your hand and giving you support, practical advice, and encouragement as you claw your way back to life after narcissistic abuse.

Very informative book. I feel a lot more in control with my future. I have small children and I want a better life for them. This book gives me high hopes and will help me along my way. I recommend this book to anyone who is living with or is dealing with a narcissist. This will be my go to book when I need some guidance and support. It truly is a life changing informative book.

This dating/relationship BIBLE by Kim Saeed is a must read for every man and woman (teenager YES) in a relationship or looking to be. I wish I had this book prior to entering back into the dating world in 2012. I was blind and NAIVE. Thanks to Kim we can all now go out into the dating world and the world of relationships WELL educated and fully aware of what's really out there waiting. She tells the uncut, unadulterated TRUTH, a truth that desperately needs to be told. Men and women NEED to be made aware of the reality of unhealthy people that really walk this earth. Thanks to this book we are MORE than informed of the pitfalls, how to avoid them and how to pull ourselves out should we fall into one. I will recommend that EVERYONE do themselves the favor or reading How To Go No Contact....A priceless resource to be shared..

This book is a must-have for anyone trying to move forward after a relationship with a narcissist, psychopath, sociopath, borderline personality or other emotional manipulator. The author gives practical, straight-up advice that is SOLID. She really understands the No Contact principle, why it's so important and how to carry it out. I'm only sorry it took me this long to find this book because I would have been recommending this to others from the beginning. I will be recommending it from now on!

If your confused about your relationship, if you feel your involved with a personality disordered spouse or mate, READ THIS BOOK. If your notsure, READ THIS BOOK. I've done a lot of research on Narcissistic Personality disorder, Histrionic, Borderline and Co-dependency, and this isthe first book I've read that has put it all together in a simple and understandable way. I'm am close to several Narcissists, and a Borderline and I can tell you first hand these people cannot be fixed. I HIGHLY RECOMMEND this book. It's a quick read and very very well written. She knows what she's talking about. I read it in a few days and plan on reading it again.

If you've got a Narcissist in your life you HAVE to read this book. Get the audio version cause you're going to want to pace.

I'm a strong type A male who was tricked for 13 years. I thought I was losing my mind. I actually felt my soul being sucked out the last two years. Your book was extremely helpful. I actually signed up for some acupressure today. Thank again

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