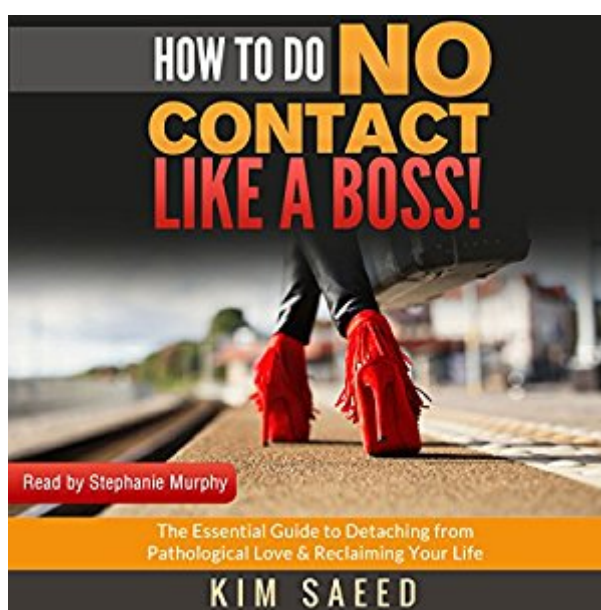


The book was found

How To Do No Contact Like A Boss!: The Woman's Guide To Implementing No Contact & Detaching From Toxic Relationships



Synopsis

Love satisfies a basic human need for us to be close to and supported by a significant other. We are happier, healthier, and even live longer when we have strong, intimate bonds with other people. Relationships with romantic partners are a primary source of the close bonds we need to thrive. Being part of a healthy love relationship has been shown to increase longevity and improve mental well-being. On the other hand, being at the receiving end of emotional abuse has the opposite effect. The long-term effects from being in a constant fight-or-flight state subtracts years from one's life, and often leads to complete dysfunction and, sadly, suicidal tendencies. Anyone who is trying to leave an abusive relationship needs to impose very specific tactics in order to break away, heal, and move on towards a better life. Narcissists and emotional manipulators will do anything to get back in. While their unethical behavior should serve as a reminder of why one is enforcing No Contact in the first place, it's often hard to do when one is constantly bombarded with calls, emails, texts, social media notifications, and even in-person visits. How to Do No Contact like a Boss explains the reasons for going No Contact and takes the listener through 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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in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships

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 acupuncture today. Thank again

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