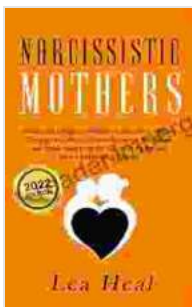


Healing The Daughters Victims Of Narcissistic Mothers Through Guide On How To

This book is a guide for daughters who have been victims of narcissistic mothers. It provides information on the characteristics of narcissistic mothers, the effects of narcissistic abuse on daughters, and strategies for healing.



Narcissistic Mothers: Healing the Daughters Victims of Narcissistic Mothers Through A Guide on How to Recognize Narcissism and Break Away from the Narcissist Parent and Start a Self-Healing Journey

by Lea Heal

★★★★☆ 4.7 out of 5

Language : English
File size : 6264 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 103 pages
Lending : Enabled



The Characteristics of Narcissistic Mothers

Narcissistic mothers are characterized by their:

- Grandiose sense of self-importance
- Need for admiration

- Lack of empathy
- Entitlement
- Exploitation of others
- Arrogance

Narcissistic mothers may also be:

- Controlling
- Critical
- Abusive
- Neglectful

The Effects of Narcissistic Abuse on Daughters

Narcissistic abuse can have a devastating impact on daughters. It can lead to:

- Low self-esteem
- Depression
- Anxiety
- Post-traumatic stress disorder
- Eating disorders
- Substance abuse
- Relationship problems
- Career problems

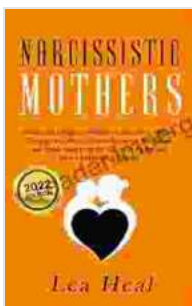
Strategies for Healing

Healing from narcissistic abuse is a journey. It takes time and effort, but it is possible. Here are some strategies for healing:

- Educate yourself about narcissism
- Set boundaries with your mother
- Build a support system
- Practice self-care
- Find a therapist

If you are the daughter of a narcissistic mother, you are not alone. There are many resources available to help you heal. This book is a valuable resource that can help you understand the characteristics of narcissistic mothers, the effects of narcissistic abuse on daughters, and strategies for healing.

Healing from narcissistic abuse is possible. With time and effort, you can heal from the wounds inflicted by your narcissistic mother. This book can help you on your journey to healing.



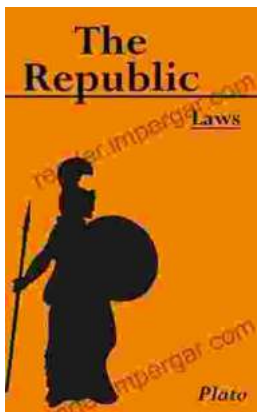
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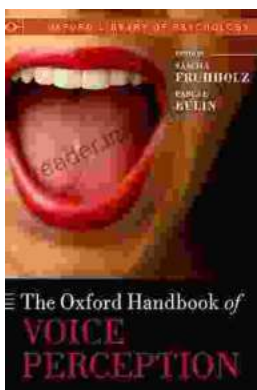
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