



I Married a Narcissist Parasite: Why Prince Harming Seduced You and How to Get Out (Volume 1)

Dr. L L

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10% of book sale profits are donated to Project Safety Net which provides safe harbor for abuse victims and their pets. Funny, informative, poignant and real, I MARRIED A PARASITE, is a true story chronicling divorce, cancer, abuse, dog custody battles and a relationship with a narcissist. It is perhaps best described as "War of the Roses" meets "Bridget Jones' Diary" meets "The Money Pit". I knew something wasn't right about our relationship. I knew for a long time. It took years and oceans of tears but I finally figured out the math which revealed that Him + Him - Me = Our Marriage. It felt like I had taken a vow of indentured servitude. How had Prince Harming seduced me and kept me beholden to him for so long? I was gobsmacked that me, Ms. Independent, an oh-so-super-strong woman, was incapable of answering the question posed by my marriage counsellor: "Why have you stayed in an abusive marriage so long?" Dang. Good question! Me, never at a loss for words. A survivor. A thriver. I had gruelled it out for five years under a tyrant for a thesis advisor to graduate with a PhD, battled breast cancer in my 30's (and won!), fought against fungus and all kinds of creepy-crawlies in an epic eight year historic home restoration. Yet, here I was - stumped by her question. Less than an hour later, we had figured it out. Ah-ha! I had married a narcissist. Who knew? Suddenly it all made sense. I could now put a label on all of those cause-for-pause behaviors I had been observing in him for a long time. In fact, it quickly became clear that he was textbook Narcissistic Personality Disorder, and the only thing unclear, besides the answer to the question of why I stayed, was how was I seduced in the first place and how in the hell do I get out?! This book includes practical tips that you can use, Top 10's on everything that I did and should have done with lessons learned on how to recognize and handle narcissists. Also included is a list of recommended books to read to help you through each phase in your own journey, plus a playlist with suggested songs to sing your heart out to while you evolve away from the person you've become under Prince Harming's reign. And, you just might have fun singing along with me as you progress through the stages of Laugh, Cry, Learn in preparation for your own Chapter 2. I MARRIED A PARASITE will inspire others to know they are not alone and that they can overcome - by learning to let go.

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