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Stop Walking on Eggshells—Paul T. Mason (M.S.) 2010 Discusses the signs and symptoms of borderline personality disorder and explains how the families and friends of patients can cope with BPD while taking care of themselves.

Divorcing the Narcissist—Tina Sznitman 2014-02 Prior to stepping onto the battlefield with a Narcissist, it is imperative to know their playbook both forwards and backwards. The behavior of individuals with Narcissistic Personality Disorder generally defies logic but sadly, their tactics in the Family Court System often fool Judges, Attorneys, Mentor’s Counsel, Social Workers, Therapists and even trained Evaluators. Narcissists are the masters of manipulation and projection and are known to launch stealth assaults that will leave their victims in an utter state of confusion and desperation. Victims are often left shattered and without a voice because they feel that no one could possibly understand what they are experiencing. Author, Tina Sznitman understands what it’s like to divorce a narcissist. Tina spent over four years on the battlefield of the Family Court System spending time with and studying other victims... she has come to know her two young daughters. While Tina’s first book, Divorcing a Narcissist: One Mom’s Battle details Tina’s personal journey and court battle, her new book, Divorcing A Narcissist: The Tactical Guide to Women will help you come out of your marriage much stronger than ever. In Divorcing A Narcissist, Author Tina Sznitman and their personal guide and resource for navigating through high-conflict divorce. Receive advice for every stage of the battle: Leaving the Narcissist; Strategies and advice to help you win in court; Understanding the risks and ramifications of the process; and Discovering the Power of Divorce. New: Decoder: Learn to decode emails and communication. Children: Shaping custody, sheltersing children and breaking the cycle. Life Beyond the Narcissist: Loving again, personal growth and healing. Stories of Hope Resources

The No-Nonsense Guide to Divorce—Lori Hella 2022-03-15 The No-Nonsense Guide to Divorce is the straight-talking book divorcing people need now. Written by an experienced family lawyer, it’s a blunt, funny, empathetic look at one of the most challenging times in life. Filled with concrete advice and hilarious and sometimes cringe-worthy examples, it’s the perfect blend of how to and what-not-to-do.

Meaning from Madness—Richard Sherrill 2009 A substantial fraction of the people we suffer from personality disorders. To cope, they distort both their reality and ours. Their behavior can be baffling, and puzzling, and worsen, they often abuse those closest to them. The author presents a new and effective way for people to understand the range of these disorders that often lead to abusive behavior. Describing each using a single dynamic - an underlying motivation - rather than a list of behaviors is an easier way to grasp the complex personality. The book is buttressed by examples and techniques for talking to your children in a way that fosters honesty and trust. Co-parenting with a toxic ex...

Better Apart—Gabrielle Hartley 2019-01-20 A catalyzing book and divorce can be your chance to profoundly transform yourself, your relationship and your children. Containing practical advice and exercises, Better Apart shows you how to: understand the other person and your own role in the problems you face; change patterns of interaction; develop self-awareness and resilience; create new possibilities for the future. In this book, you’ll discover a positive parenting approach that helps you develop the skills for co-parenting with a toxic ex-spouse. You’ll learn the best ways to protect your children from painful loyalty conflicts, how to avoid parental alienation syndrome, and how to focus on taking your children in a way that fosters honesty and trust. Co-parenting with a toxic ex can be challenging, but with the right tools you can protect your kids and make your relationship with them stronger than ever.

Surviving a Borderline Parent—Kimberly Roth 2009-12 Those raised by a BPD parent endured a violent and painful childhood. This book offers readers step-by-step guidance to understanding and overcoming the lasting effects of childhood trauma (CPTSD). Readers discover coping strategies for dealing with low self-esteem, lack of trust, guilt, and hypersensitivity...