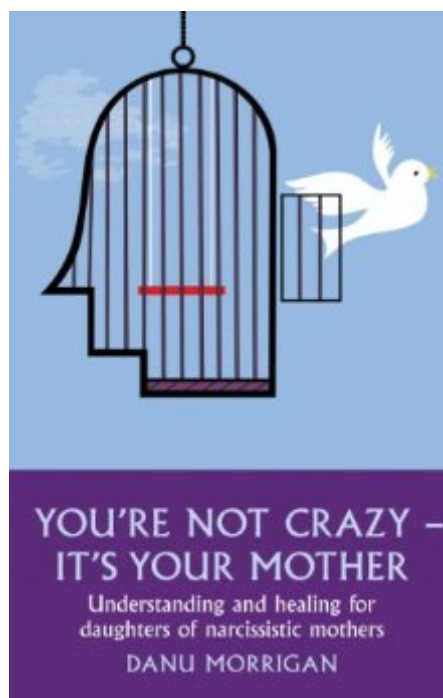


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# You're Not Crazy - It's Your Mother: Understanding And Healing For Daughters Of Narcissistic Mothers (Daughters Of Narccissistic Mothers Book 1)



## Synopsis

Understanding and healing for daughters of narcissistic mothers. (It's for sons too\*)"You're not broken and in need of fixing. You're wounded and in need of healing". Do you find yourself emotionally bruised, upset and confused after being in contact with your mother? Do you end up doubting yourself - even feeling crazy - as she remembers incidents totally differently to how you remember them and denies other events even happened at all, until you begin to doubt your own perceptions? Do you somehow feel you're not a real person in her company? Does it seem that she gets angry or upset when good things happen to you, and gets happy and energised when bad things happen to you? But maybe that's your imagination, you tell yourself, because of course your own mother isn't going to be sad when you succeed and glad when you suffer, right? And so maybe you feel like a bad daughter for even doubting her. Around and around go your feelings and emotions and half-formed thoughts, till you think you must truly be crazy. If all this is true for you, you are far from alone. Millions of women all over the world have experienced the same crazy-making hall-of-mirrors. And this is why: their mother - like yours, possibly - has Narcissistic Personality Disorder. Realising about NPD explains the whole crazy-making dynamic, and this realisation is so freeing and life-changing. It can be a tough realisation too, however, and this book aims to support you on the tough bits of that journey. For the price of 10 minutes of therapy, this book explores how narcissists behave, how they treat their daughters, and that behaviour's impact on those daughters' lives. It also gives tools and resources to help you heal from the toxic and abusive relationship and to start living the life you always deserved to live.\*Sons of narcissistic mothers - you'll still get huge value out of this book. I wrote it from the vantage point of being a daughter but many sons have written to me to tell them it told their story too.

## Book Information

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## Customer Reviews

This is one book I am not giving away to anyone, or the library. The author tells it so very well by her own experience. I cut my family out of my life 4 years ago now and grieved for the first couple of years. Today, I am so thankful I cut them off and I see my siblings still drowning in denial and playing all the necessary games in order to earn my mother's approval. My mother even has her "golden child" with my being the "scapegoat". Narcissists never change, they will not listen to anything you have to say that might give them insight into their problem and at least in my case, I had to cut off my mother and a sister in order to maintain my sanity. My father is an enabler (that or he is too scared of my mother to say anything) so unfortunately I will never see my parents again until their death. I have no regrets on leaving my family. I still am in touch with one sister (who is so damaged by my mother that she disassociates and has a double personality). My narcissistic mother verbally abused me horribly from puberty until she drove me out of the home. Up to the age of my turning 60, my mother invalidated me, ignored me, let me know my sister (golden child) is her favorite, disagreed with me on nearly everything and when I told her I didn't think she loved me, she didn't deny it and then she denied our conversation about it to my sister, saying she 'didn't remember any conversation to that effect.' She also is so insecure that she worries constantly what other people think and puts on a display of being the perfect mother in a perfect family. And, she is also a raging liar. My family made me crazy and I have warned my sons that they can keep in touch, but beware that within a year or two, you will feel like you're going crazy too. So far they haven't gotten together with my sick family and it's been four years. Anyone out there who reads this book and realizes they have a sick narcissistic mother, GET OUT GET OUT !!! You will feel guilt at first, but in the end, you will have your sanity and your life back. It is NOT true that one can cut off friends, but one cannot cut off family. Sometimes you have to save yourself emotionally and

mentally to survive by leaving forever. I have prayed, I have grieved (you will grieve when you finally realize your mother never loved you) and I have survived and you will too. I will never go back. My mother would rather live the rest of her life never seeing me than saying "I am sorry" or "I do love you". I have forgiven her but you couldn't pay me to be in the same room with her. I literally have divorced my family. Enough said.

I read this book in one night. I wish I had researched NPD thirty years ago. My whole life would've been better, and I would've understood why mother criticizes my looks (even things I cannot control, like the shape of my lips), ALWAYS sides with my boyfriends and becomes friends with them after we break up (even the mean, abusive one, who she was particularly fond of), bad mouths me to people, had my cat put to sleep one day when I was at school (and later told me she did that because I am so self-centered), gets excited when people have a terminal illness so that she can brag about how she fawns over them, attends way too many funerals, tries to recruit people to her side, criticizes me in front of people, is constantly having "heart attacks" and "nervous breakdowns" and calling the ambulance to come help her, and even has convinced my father that I'm the bad person who has ruined her life. Now I understand why my brother left home twenty years ago and cut off all contact with my parents. He tried to convince me several years ago that there's something wrong with them. He picked up on their behavior when we were in high school, but I never understood what he meant. I wish I had the strength to have No Contact with them, like he does. Maybe I will be able to do that one day. In the meantime, reading this book has actually taken quite a load off my shoulders, and I realize that none of this was even my fault. Her behavior towards me is probably the reason I have such low confidence and depression. I'm going to try some of the Self Help Techniques listed here. I already feel better after reading this book, just knowing that I'm NOT the crazy one, as my mother has tried instilling in my head for years now.

It was pretty awesome to read a book that really showed that others have gone through what I am going through as a DONM. I have been aware that my mom in fact had narcissistic personality disorder for some time, and am actively in therapy now. I really enjoyed hearing the perspective of another daughter, and gained some useful insight and key words to look for in dealing with my mother now even having gone No Contact. The use of the term "flying monkeys" for people who become message people for the narcissistic mother was especially helpful. I also really encourage anyone struggling for understanding to find a great therapist.

While the intention was great, I found that this book was probably therapeutic for the author to write. She does a fantastic job describing what NPD is, and describing how it feels to be the child of a parent who is. She describes at length how to go No Contact & ramifications of such. She falls short on practical applications for those not choosing that option. She does delineate the use of EFT/tapping to ameliorate trauma...this is good.

This is a thoughtful book. So sorry if you have come to buy it, as your life has been very challenging. Wish I had known about this as a young adult. Thank you Danu for helping so many folks.

Two years ago, my family of origin imploded. When I came to the realization that it wasn't me, it was them--my Narcissistic Personality Disorder parents had systematically abused me my entire life, I tried to make some sense of my life. Danu Morrigan was one of the first resources I found that guided me through the hurt and pain of those early months of NC--No Contact. Her free newsletter brought tears of healing. This book is a perfect resource for healing. Even though it doesn't deal with both parents, I felt I wasn't alone. It wasn't my fault. I wasn't broken. While I remain skeptical of EFT, I think the scripts she writes can be used in a more traditional meditative way. I'm still healing, but this book is a valuable resource for future reference, helping my husband and kids understand what I'm going through. It's not easy reading, but a must-read for anyone dealing with NPD.

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