

Did My Narcissistic Mother Love Me?

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Synopsis

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Are you feeling overwhelming resentment toward your narcissistic mother? Do you feel frustrated because you can't seem to find a way to heal and establish loving relationships with others?

Award-winning author and narcissistic-abuse survivor Nanette Abigail knows a thing or two about this sensitive issue, laying out the crucial tools she used to create safe havens and find mental clarity for herself, and with her help, you can, too!

Did My Narcissistic Mother Love Me? is the only audiobook you'll ever need to move forward with life after suffering emotional turmoil from narcissistic parents.

Here's a taste of what you'll discover inside:

- Seven essential facts adult daughters with narcissistic family need to be aware of so they can finally see and accept the hard truth
- Eye-opening insights to understand why you grieve for the loving mother you never had so you can finally start to overcome your negative emotions and destructive attachment
- Important first steps to kick off the process of healing from the toxic, narcissistic relationship you have with your abusive mother
- Proven ways to deal with your anger as you start your narcissistic abuse recovery
- Foolproof techniques to skillfully detach from and set healthy boundaries with your mother consumed with narcissism
- And much, much more

Fast action free bonus: Get a simple and powerful resource that will help you easily understand, quickly recall, and immediately practice all your new knowledge and skills, even if you are helplessly consumed by grief, confusion, and anger having been mistreated by your narcissistic mother!

If you're ready to finally learn how to deal with, heal from your narcissistic mother, and say good-bye to the feelings of helplessness, now is the time.

So, what are you waiting for? Buy *Did My Narcissistic Mother Love Me?* today.

Reader's comments

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