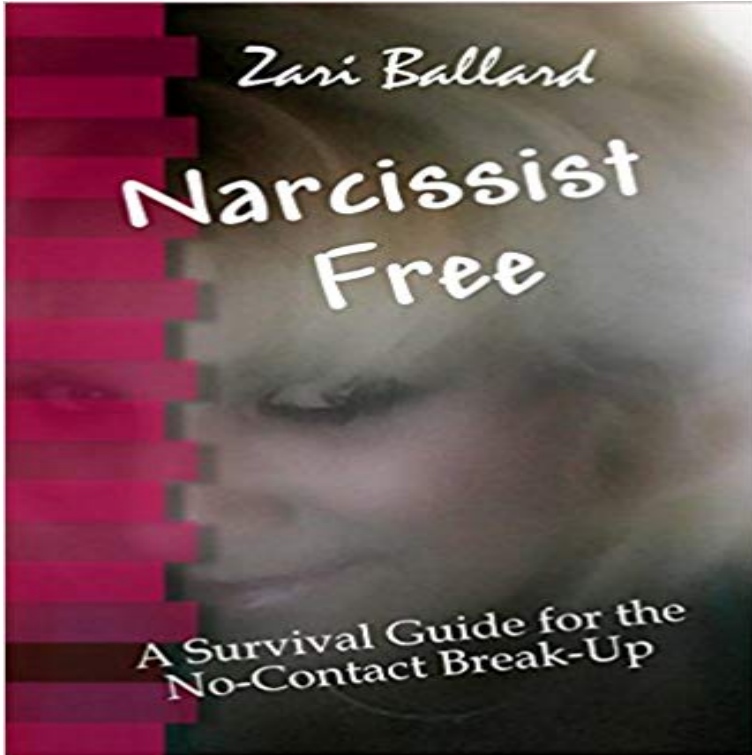


## Narcissist Free: A Survival Guide for the No-Contact Break-Up



[Includes: Book Excerpts from When Love Is a Lie and Stop Spinning, Start Breathing by Zari Ballard] The No-Contact strategy for breaking up with a narcissistic partner is nothing new for anyone who has searched the internet for answers to the nightmare that is narcissism. The truth, however, is that going No Contact - by its true definition - does mean that this particular break-up is the last one, thus increasing the intensity of the decision three-fold. No Contact means committing to the fact that you've had enough and that you want your life back. It means that you're willing to accept the possibility of sad, sad days ahead - days spent lamenting a relationship that we know now was a lie. It means ignoring meaningless hoovering (the narcissist's attempts to solicit a reaction) because you know that giving in means emotional suicide. Going No Contact means that you mean business once and for all. It's clear to me that a large number of narcissist abuse victims have finally put their relationship in its proper perspective and they want out. The narcissistic partner is as simple as he is complicated and it takes a specific strategy to break the mental connection. To put distance between yourself and this person who is creating the pain. Based on the hundreds of letters and comments I've received via the website [TheNarcissisticPersonality.com], I've hopefully created a No Contact guidebook for taking this final empowering step. Zari Ballard - 2014 The No-Contact (NC) strategy is all about you and no one else. This no-reaction strategy for leaving the narcissistic partner will give you all of the things that you've been wanting throughout the nightmare. Even if you have a co-parenting situation with a narcissistic partner, NC is still possible and Zari will show you how to spin it your way. After all those silent treatments and disappearances and after all of the pathological bullshit, you will finally be given that elusive

closure. Break-Up to Wake-Up is a No Contact handbook that will walk you through the steps that come before, during, and after the break-up. The no-contact strategy instantly ends the vicious cycle of abuse that has become the norm in your life. Get Break-Up to Wake-Up today and begin the next phase of your life narcissist-free!

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