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The Borderline Or Narcissist  
How To End The Drama And  
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*some of you. Others are still at preparatory stage and will be implemented soon.*

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*What was one of the most memorable*

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*moments of Stop Caretaking the  
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the Caretaker. It described me well. I  
needed that. Have you listened to any  
of Dawn McKelvie Cyr's other  
performances before? How does this  
one compare? I haven't anything to  
compare.*



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*illness that primarily affects their intimate, personal, and family relationships.*

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Stop Caretaking the Borderline or  
Narcissist is refreshingly no-nonsense,  
provides lots of useful hints on how to  
put this self-care model into practice*

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*while at the same time informing  
thoroughly and in no uncertain terms  
about the BP/NP's view of the world. It  
is a most helpful book!*

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Not transparent or entirely truthful.*

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*When you first get into a relationship with a narcissist, these behaviors may not be directed at you, but you will see them directed at others—a parent, an ex-spouse, their children, a boss, and the generalized “others” the narcissist comes into contact with.*

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*Stop Caretaking the Borderline or  
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a borderline/narcissist can be  
intoxicating, full of spontaneity,  
exciting, and thrilling. You may feel  
deeply needed and super important to*

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him or her.  
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*The book can be of great use to  
psychology student, especially those  
in clinical psychology or those focusing  
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*Caretaking the Borderline or Narcissist is refreshingly no-nonsense, provides lots of useful hints on how to put this self-care model into practice while at the same time informing thoroughly and in no uncertain terms about the BP/NP's view of the world.*

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Caretakers--Part One. Four Steps to  
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*BP/NP's view of the world. It is a most helpful book! \* Addiction / Sucht / Adicción \**

*Margalis Fjelstad Therapy – Margalis Fjelstad's Therapy Site  
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*Stop Caretaking the Borderline or Narcissist - Addiction*

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*People with Borderline or Narcissistic  
Personality Disorders have a serious  
mental illness that primarily affects  
their intimate, personal, and family  
relationships.*

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*Learn to stop being manipulated by  
others for their benefit, and become  
more empathetic, loving, and  
understanding of yourself. This will  
lead to you more equal, fair, and*

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*enjoyable relationships. As a seasoned therapist, Margalis Fjelstad brings insight, compassion and good advice to people who have become caretakers to a borderline or narcissist.*

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*Stop Caretaking the Borderline or Narcissist: How to End the Drama and Get On with Life. Often they appear to be normally functioning at work and in public interactions, and Narcissists may even be highly effective, in the short term, in some work or social situations. However, in intimate*

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*relationships, they can be emotional,  
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aggressive, demeaning,...*

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