

Pathological Narcissism and Emotional Vampirism: *how to recognize it and protect yourself*

Martin B.



Pathological Narcissism Emotional Vampirism Recognize Ebook

Judd E. Hollander



Pathological Narcissism Emotional Vampirism Recognize Ebook:

Highly Sensitive Empaths and Narcissistic Abuse Barney Roberts, 2020-12-15 Did they ever tell you that you are a narcissist Have you always wondered if this is a personality disorder or is it something normal Let me explain Usually the narcissist presents a picture of grandeur in fantasy or behavior need for admiration and lack of empathy that appears within the first adult age and is present in a variety of contexts as indicated by the following points It has a grandiose sense of importance for example it exaggerates results and talents it expects to be noticed as superior without adequate motivation It is absorbed by fantasies of unlimited success power charm beauty and ideal love He thinks he is special unique and can only be understood by special people Requires excessive admiration Has the conviction that everything is due to him that is the unreasonable expectation of favorable treatment or immediate satisfaction of his own expectations Interpersonal exploitation that is taking advantage of others for their own purposes Show arrogant and presumptuous behaviors or attitudes In this book in addition to explaining all the causes of this type of personality I will also explain the solutions and what to do to improve considerably Here s what this book is about how to recognize narcissists and empaths abuse of narcissism problems and solutions different forms of narcissism because very sensitive people absorb the emotions of others shamanic treatment for narcissistic abuse narcissism love and solutions for married life and so much more The text aims to explain these topics to anyone who has zero knowledge of narcissism and wants to improve his situation to anyone who has read about it and wants to learn more By reading this book you too can master the dynamics in relationship life and apply them to your life as a couple even if you know nothing about it now Believe me it will be worth it Change your life now Scroll up this page and click on Buy Now

Highly Sensitive Empaths and Narcissistic Abuse Barney Roberts, 2020-12-11 Are you living with a narcissist Well let me explain People who have the misfortune of intertwining a relationship with a narcissist rarely realize what they are experiencing It is basically impossible to get a coherent response from the narcissist himself This is because he is not only essentially unaware of what he does but also and above all because he is totally absorbed in his project of obtaining narcissistic supply The element of greatest dismay is represented precisely by not being able to accept that everything that has been lived has been a pure illusion a spell of the soul which had as its sole purpose that of preying on the victim s heart and brain and draining its vital resources But it is only by understanding this aspect and working on the acceptance of the dramatic meager cynical reality that a healthy human being can find himself Among those tears in the folds of those wounds there is still the whole life and the desire to love It is from there that Life begins again Here s what this book is about how cultural heritage affects people with intellectual disabilities psychometric practice and psychic children the role of empathy in life characteristic of a highly sensitive person distinction between introverts empathetic and highly sensitive personality disorders because very sensitive people absorb the emotions of others shamanic treatment for narcissistic abuse narcissism love and solutions for married life and so much more I will explain to you step by step my bomb proof methods to overcome

this type of disorder and to become a winner in romantic relationships with any partner The text aims to explain these topics to anyone who has zero knowledge of narcissism and wants to improve his situation to anyone who has read about it and wants to learn more Believe me it will be worth it Change your life now Scroll up this page and click on Buy Now

Marriage Vampire Clifton Fuller,2022-02-17 Knowledge empowers us Sometimes it may save our life A narcissistic personality thrives on disruption and destruction We must educate ourselves about these personality types to have protection from the damaging impact NPD s will have on our lives As parents it is vital to teach our children to recognize avoid NPD s This book is titled Marriage Vampire because unlike fictional characters NPD vampires do exist Yet most people do not know much about them until they have been bitten by one had their life energy drained away or thought they were going crazy This book will pull back the curtain expose the narcissistic vampire for the weak people they genuinely are and reveal the source of their seductiveness supposed power NPDs are especially effective in using Christian beliefs to manipulate women of faith We need to recognize the God given strengths each of us must use to fight NPDs as well as identify the tools they use to try to convince us not to trust ourselves If you have been or are currently trapped in a relationship with a narcissist it s essential to understand the reality of the situation your power and practical steps to consider The final decision to go or stay in a relationship with a narcissist is yours No matter what that decision is this book will help you recognize the potential dangers and steps to make a plan of action You must realize you are not the problem and see yourself as God sees you Emotional Vampires Kathleen Rhodes,Daniel Rhodes,2022-07-12 Since ancient times Vampire legends have had a powerful hold on the human imagination This fascination continues today with the popularity of Bram Stokers Dracula New vampire books and movies and pop cultural phenomena Daniel Rhodes and Kathleen Rhodes D N Sc believe that very real vampires are stalking their prey from the shadows not the mythical bloodsuckers of folklore fame but emotional vampires who deliberately drain others psychologically Emotional Vampires are individuals we deal with in daily life who leave us feeling abnormally angry confused upset or fatigued These manipulative psychological leeches may be total strangers or our best friends co workers or family members By controlling situations and people for their own purposes they prey upon their victims with deliberate aim of stealing emotional energy just like mythical vampires Many of these predators know exactly how much frustration anger and anxiety they inflict while others carry on virtually unaware of the damage they cause and victims are many times unaware that they are being bled These Vampire attacks may be one time interactions or they could go on for years They can range from just being emotionally troublesome to threatening careers mental health and even the lives of their victims Often emotional vampires use a clever set of techniques Task blocking Have you ever worked on an important project with a co worker who prevents you from finishing the task and then blames you Turnaround Have you ever complained about a poor product or service only to have a clerk rudely abuse you Vectors Have you ever felt fear from being tailgated or cut off by another driver or anger at a difficult neighbor who seems to enjoy disturbing your pace with his barking dog or loud stereo

The vampire signature After having a run in with one of these predators has he or she shown you by a smirk or a smart remark that you've been had Illustrated fascinating personal stories from victims this insightful work identifies and classifies emotional predators exposes the methods they use describes the collective vampirism of groups and offers ways to combat the effects of an emotional attack *Emotional Vampires: Dealing With People Who Drain You Dry* Albert J. Bernstein, 2002-04-12 Bernstein provides a field guide to the various types of Emotional Vampires and advises readers how to protect themselves from being victims of these predatory personalities Boston Globe From bestselling author Albert J. Bernstein The author of *Dinosaur Brains* offers protection from people who seek to destroy the emotional and psychological well being of others Like the fabled demons these vampires Think their needs are more important than yours Believe the rules apply only to other people Use their tempers in the same way terrorists use bombs Emotional Vampires tells readers how to spot a vampire in their lives which defense strategies to employ to prevent one from striking and what to do if and when they find themselves under attack *Highly Sensitive Empaths and Narcissistic Abuse* J Vandeweghe, 2019-04-10 The correlation between Empaths and victims of Narcissistic abuse is quite incredible In some cases it is not until a victim has suffered through narcissistic abuse that they start to research and investigate which then leads to the eye opening self discovery of an Empath This may be the case for you This bundle features 2 manuscripts inside 1 *Highly Sensitive Empaths The Complete Survival Guide to Self Discovery Protection from Narcissists and Energy Vampires and Developing the Empath Gift* 2 *Emotional and Narcissistic Abuse The Complete Survival Guide to Understanding Narcissism Escaping the Narcissist in a Toxic Relationship Forever And your Road to Recovery* Save over 20% when purchasing the bundle compared to purchasing both individual books This bundle will provide you with the tools and knowledge to help understand your self as an Empath how to grow and develop into a stronger version of yourself and how to protect yourself from toxic people such as energy vampires and narcissists If you are a victim of narcissistic abuse in a toxic relationship this bundle will also provide you with the tools to be able to dissect what is actually happening in your relationship a deep insight into the mind of a narcissist how to safely escape the relationship and prevent relapse and ultimately how to heal and recover from the long term abuse Throughout the pages of *Highly Sensitive Empaths* you will learn about The detailed traits of an Empath A scientific and shamanic explanation of an Empath Purpose and gift of the Empath Empath Archetypes Empath Self Assessment Growing up as an Empath Parenting as an Empath Subconscious Re wiring Self Love and the Right Environment Empath Strengths Empath Weaknesses Narcissistic People and Energy Vampires Empathic Protection Empathic Self Care Empath tips Freebies inside And plenty more Throughout the pages of *Emotional and Narcissistic Abuse* you will be educated on complex topics featuring Narcissism Narcissistic Personality Disorder Traits of the Narcissist Signs and Symptoms of Narcissistic Abuse Creation of the Narcissist False Self and True Self Characteristics of a Narcissists Target Victim The Cycles of Abuse Long term Damage to the Victim How to Heal Your Sense of Self Strategies to Safely Escape the Narcissist

and Prevent Relapse Narcissists Manipulation Tactics Terminology A Mini Handbook for Victims And plenty more This bundle will provide you with great value and insight on everything you are going through and what you need to do next If you are still in the relationship this will support you in the process of beginning to demystify everything that has been going on and recognizing the reality of what you are experiencing As you will learn this is an essential part of breaking free from the relationship and healing Know that you are not alone in being an Empath and being one is a highly treasured gift that allows you to bring great value to the world As you read more you will grow to understand what this all means and how you can build your gift to begin having a massive impact on the betterment of society without draining yourself or giving yourself away in favor of this mission Take back control of your life and click add to cart [Narcissism and Manipulation](#) William Deeney,2020-11-10 Do you ever wonder if your partner is a narcissist Do you want to know how narcissistic abuse looks like Or maybe you re a victim of a narcissist If so this book is what you need keep reading Narcissistic personality disorder NPD happens when someone has an exaggerated or overly inflated sense of their own importance a deep need for excessive attention and admiration troubled relationships and a lack of empathy for others Narcissistic features can be a consequence of trauma or early experiences The effects of having a narcissist around you can have a major impact on the overall course of your life Living with a self centered person who shows minimal regard for your needs belittles criticizes you and always wants to be in control can leave deep emotional wounds In [Narcissism and Manipulation](#) you ll find Signs you re a narcissist and don t even know it How to recognize emotional manipulation Types of narcissistic personalities What is gaslighting How to deal and communicate with a narcissist Ways to break free from toxic relationship with a narcissist Causes of narcissistic personality disorder How to treat narcissism and much more Many of us may not have the right tools to recognize the narcissistic abuse After determining the narcissists that surround you dealing with them properly becomes crucial It is important that you use the information included in this book so that you can interact with them in the healthiest way possible Do you want to learn more So hurry up get this book and stop suffering in silence **Expert Secrets — Narcissistic Abuse** Terry Lindberg, It s Time to Finally Learn How to Identify Narcissists Overcome Codependency and Recover From Emotional and Narcissistic Abuse in Relationships Are you sick and tired of being a victim of narcissists People with a narcissistic personality disorder can be very charming and manipulative and it s super easy to fall into their clutches Once trapped you will feel confused and gaslighted all the time until you finally break free Recovery is a long and important process with one very important step learning how to avoid narcissistic abuse in the future What you get in this book How to recognize a narcissistic relationship while you re in it Best ways to heal and recover from narcissistic abuse How to recognize manipulation and protect yourself AND SO MUCH MORE It can be hard to say goodbye to toxic relationships but you owe it to yourself to try Let this book be the first step Ready to Become Free of Toxic Narcissists Scroll up Click on Buy Now and Get Your Copy [Narcissistic Abuse](#) David Blowty,2021-02-08 55% discount for bookstores Now at 23.95 instead of 34.95

The book is written to help you get to the next level and keep progressing out of the gravity of the past so you can develop a life of peace purpose meaning and joy

Narcissist Ellen Moore, 2020-01-11 Do you want to break free from emotional abuse and toxic people learn how to identify and protect yourself from narcissistic personality disorder manipulation and energy vampires If yes then keep reading When we talk about narcissism many people already have an idea of what this looks like in their head It can be the person that looks in the mirror every time they pass by one It could be the individual that always makes the conversation about themselves It s the person who takes 100 selfies a day All of these could be true but there are some other deeply ingrained practices of narcissists that are crucial to understand so that we can better identify the actual narcissists in our lives as well as the roles they have played Everyone needs to look out for themselves so why is narcissism such a problem In this world especially our society today we have to make sure that we take care of our own needs It s hard enough finding someone that we might enjoy hanging out with let alone someone who properly takes care of us Because of this it s important that we emphasize caring for ourselves However narcissism takes things to an extreme level It s important to recognize our own self worth but the issue with narcissists is often that they don t recognize the worth of other people around them The reason that it s important to recognize this distinction is because if you aren t aware of how to take care of yourself you won t be able to properly heal throughout this process Self loathing and hatred aren t beneficial to your health They re not going to make you grow into the person that you want to be A narcissist will look at the outside world and use other people to justify their worth whereas a healthy person would look within themselves to find that interpersonal justification For this reason not all narcissism is necessarily a bad thing if we mean narcissism in the way that we might refer to having a higher level of confidence or self esteem We all deserve to feel good about ourselves Even our pets like cats and dogs have a certain level of self esteem that they have to meet in order to feel fulfilled If we don t pay special attention to this it can make us feel bad about ourselves Think of someone who is trying to lose weight If they are constantly bullied for being overweight and made to feel terrible about their bodies they are going to go home eat more and skip out on the gym again because they re lacking confidence Someone that is reminded of their worth with encouraging friends or trainers will have a much higher success rate This is why it s important to recognize the real problem with narcissism Liking yourself and enjoying who you are as a person are good and healthy Liking yourself only because you use others to feel better and manipulating people in order to get what you want is absolutely not healthy whatsoever Rather than thinking I m a bad person but I m not as bad as other people to make you feel better we have to think I know I m a good person despite what other people might think of me The difference between narcissism and individuals with a healthier mindset is that narcissists use other people to improve that self worth This book gives a comprehensive guide on the following Types of narcissism Stages of healing process from a narcissist relationship The covert narcissist Common narcissistic situations you may encounter What to do when you can t just run away Common therapy methods for narcissistic personality disorder Taking

back control AND MORE What are you waiting for Click buy now [How to Analyze People](#) Jason Browne,2020-04-29 How to Maintain Your Values While Neutralizing the Tricks of Manipulative People Even If You Don t Have a Mean Bone in Your Body **Narcissistic Abuse** Benedict Daniel,2019-10-15 Do you feel someone you care about is taking advantage of you Are you afraid of voicing your opinion and questioning your partner Do you think you can no longer trust yourself or your senses Does it seem like everything you do is to please your partner If so there is a chance you have fallen victim to a narcissist and the abuse that usually occurs The purpose of this book is to teach readers about narcissistic abuse and how to guard yourself against it Narcissistic abuse is prevalent and running rampant in the modern world Many people are clueless to the fact that they are being abused Narcissistic abuse can be subtle and insidious most people not even noticing a problem until they are neck deep in it Narcissistic abuse exists in almost every level of human relationships such as families coworkers and even among close friends The aim of narcissistic abuse differs but the effect is usually the same It erodes the victim s self confidence and self esteem The sad part is that the impact of narcissistic abuse takes its toll on almost every part of the victim s life As victim proceeds in the cycle of abuse they gradually lose their self worth and their whole existence revolves around fulfilling the needs of the narcissist This book focuses on how to identify and wriggle yourself free from narcissistic abuse Inside you will discover Types causes and how to recognize narcissism How to know you are dealing with a narcissist Various forms of narcissistic abuse Useful tips in dealing with a narcissist as well as how to handle a narcissistic partner How to survive narcissism in families romantic relationships and narcissism at work Tested and proven tips for healing once you are free And many more You are better off equipping yourself with the knowledge of who a narcissist is This will go a long way in saving you from their manipulation and mind games should you encounter one at work in your family etc Narcissistic abuse is real but the good news is that you can save yourself You can pick yourself up and get your life back There are tips and techniques in this book that will help you see past the veil the narcissist is using No matter how far gone you are in the abuse you can always pick yourself up and move on Empower yourself and get a hold of your life again by clicking the Add to Cart button now [Narcissism: Transforming Destructive Patterns for Healthier Relationships \(How to Recognize Emotional Abuse From Parents and Heal From Childhood Trauma\)](#) Ricardo Sheldon,101-01-01 This book will provide you with all the information that you will ever need to understand narcissism and the narcissistic personality disorder Here you be able to know how to identify someone who is a narcissist or if you possibly are one yourself read up on ideas about whether this is a good or a bad thing or a little bit of both and how to control the self one is narcissistic Narcissism has become an increasingly controversial and popular topic due to the rise of media that promote this type of behaviour This book seeks to open up the mind of a narcissist and let you peek into it and see what s going on In this book you will find How to recognize the toxic traits of narcissistic parents and how they affect your childhood Tips to spot narcissistic abuse and finally stop blaming yourself Practical steps to set boundaries and protect yourself from further harm Ways to heal emotional

scars and rebuild your self worth Advice on forming healthy relationships after growing up in a toxic home Guidance on breaking free from the guilt and shame left behind by a narcissistic parent You might be thinking the damage is too deep the pain too raw can i really come out stronger from this Remember healing isn t always linear This guide will walk with you through every step of your journey from the deepest pits of despair to the first rays of hope Both adaptable to your personal needs and sensitive to the profound often private pain of your experience this book respects the pace and rhythm of individual healing

Summary of Albert J. Bernstein's Emotional Vampires Everest Media,2022-05-02T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Emotional vampires are people who seem friendly and charming at first but who in reality are draining you of your emotional energy They are the neighbors who are so warm and cordial to your face but spread stories behind your back 2 Emotional vampires are people who have characteristics of what psychologists call personality disorders They see the world differently than other people do and their perceptions are distorted by their cravings for immature and unattainable goals 3 Emotional vampires are not easy to spot since they usually act like normal responsible adults They are usually not aware of the childish needs that drive them You should be able to spot them by the most important thing in the world to them being the most important thing in the world 4 Antisocials are the sexiest and most exciting vampires They love parties sex drugs rock n roll and anything else stimulating They hate boredom worse than a stake through the heart All they want out of life is a good time

Narcissist Wendy Jackson,2020-06-17 Has your life changed for the worse since you met that person you think you love so much Do you suffer every day and do you think you are the victim of a narcissistic abusive relationship Know that you are not alone Many people are victims of an abusive relationship with a pathological narcissist But WHO is the narcissist How can you identify him her and recognize that you are a victim of his her game Narcissistic Victim Syndrome is not yet officially recognized and unfortunately there is little knowledge about it also because it is not widely even known How can this book help you if you are in such a situation First of all for someone who is in a relationship with a narcissist it is not easy to admit to being abused and it is therefore even more difficult to ask for help Secondly even when the situation is accepted and recognized it is not easy to find someone who really knows WHAT TO DO TO GET OUT OF IT of it and HOW TO HEAL from the effects of abuse The effects of a relationship with a narcissist can be devastating for the person who undergoes and the more the relationship with the narcissist continues over time the more difficult it is to get out of it Do you recognize yourself in these symptoms Continuous and unexplained anxiety accompanied by the feeling that something catastrophic is about to happen Your self esteem is below zero The feeling of being hunted down A sense of shame alternating with constant mortification Sense of helplessness and despair What concerns your needs your old life goes into the background Protecting the new relationship is the priority at all costs Overwhelming feelings of loss and grief You are continually emotionally exhausted Continuous mood swings Uncharacteristic jealousy insecurity and paranoia you have turned into an obsessive detective Doubt yourself and don t understand the

difference between what's right and wrong for you. Constantly trying to find explanations for what has happened to your life. You have become a worse version of yourself and can no longer go back. You want your old life back but it seems impossible. Desire to commit suicide. Sudden and extreme attacks of anger. Bad dreams and sleeplessness. Frequent attacks of tears and despair. Weight loss or gain, hair loss, skin manifestations or general physical changes. And the list continues. For those who have no experience with a narcissist, your situation is incomprehensible. Why don't you go out immediately? They will say it's also your fault. The truth is that there is no experience like being with a narcissist, and only those who experience it firsthand can understand it. Furthermore, most of the pathological narcissists are apparently very lovable, skilled manipulators capable of making the blame fall on all their victims. In this book, you will find everything you need to understand the dynamics of an abusive relationship with a pathological narcissist and if you really are dealing with a narcissist. Following the path of the book, you can then understand how to get out of the toxic relationship, how to ask for help, and finally how to embark on a healing path. It is possible to get out of the relationship with a narcissist and go back to live. With this book, you will follow the advice of those who really know the experience and take the first step towards your new life. Are you ready to leave this bad experience behind?

[Empath and Narcissist](#) Sharon Katey, 2019-07-20. If you want to discover the power of empathy and free yourself from the abusive grip of narcissism, keep reading. When you are a victim of social or narcissistic abuse in a toxic relationship, you end up in a spiral of negative emotions that makes you lose control of your life completely. As if you were constantly and ruthlessly struck by violent waves, you feel helpless, overwhelmed by the feeling of having lost yourself. And gradually, it becomes a nightmare. So your partner's, your boss's, or society's narcissism have become a weight on your shoulders. An illness that destroys your mental health. But how do you get rid of that feeling? You would love to have a solution and means to escape it, but you are still stuck in this reality at the mercy of the next wave. You are an empathetic person who's had the luck of being born with an extraordinary power, the power of being sensitive. A strength that, if handled correctly, can revolutionize your life. You heard that right. Even if you think that your empathetic characteristic makes you weak, you must know that it is a valuable social resource and without people like you, the world could never progress. In this book, you will find the answers you are looking for; you will discover how to overcome emotional difficulties, learning how to handle your power. You will be able to embrace your gift and sing the beautiful songs hidden in your heart. In this guide, you will discover what's behind a narcissistic person, what are the characteristics of empathetic individuals, 10 effective ways to handle a narcissist, psychological abilities to keep the peace with a narcissist, new surprising ideas, become a leader, how to handle your own emotions, stop narcissists from taking advantage of you, get rid of toxic relationships, love yourself and find inner peace, and more. Even if you think that handling your emotions is extremely difficult, even if you have tried many times in the past to leave toxic relationships and failed with the right solutions, you will be able to build your success. Get this wonderful guide on how to say goodbye to narcissistic abuse and own your life. Scroll up and press the buy now with 1 click button.

Malignant Narcissism Cary Stacy Smith, Li-Ching Hung, 2021-03-01 In this book a psychologist and a professor detail the history psychology and effects of this little studied condition that has altered individuals and societies worldwide arguing that the disorder deserves its own classification Psychoanalyst Erich Fromm in 1964 developed the term malignant narcissism believing it to be the worst form of psychopathology a disorder that essentially epitomized evil Malignant narcissism however has never been identified as a clinical condition in the Diagnostic and Statistical Manual of Mental Disorders instead it is seen as a conglomeration of several other disorders Yet researchers since Fromm have described malignant narcissists as unique in their callous nature and proclivity to extreme violence with a component of sadism bringing them pleasure when inflicting pain The largest concern about malignant narcissists is that some have the ability and wherewithal to rise to great positions of power and influence and to affect large numbers of people Authors Smith and Hung explain the differences between malignant narcissists everyday narcissists and psychopaths illustrating these conditions with vignettes of historic public figures and people in popular culture among others *Energy Vampires* Tony Sayers, 2018-12-21 I m guessing that you have either had one person or a number of people in your life that have sucked you dry emotionally and mentally right Those people on the surface at least SHOULD be the people those that love and support you the most in many ways Unfortunately this is not always the case and the polar opposite can happen We can feel attacked used and emotionally abused in a variety of different ways Many times these people can be a family member friend or even a work colleague which makes life even more difficult You often feel obligated to keep the relationship on an even keel DESPITE being used as a human emotional punch bag Other times these people sneak under the radar unchecked and appear in our lives out of nowhere This is why it is so important to shield and protect ourselves in order to cope in a World where narcissistic tendencies and toxic people appear to be on the increase This is where this book will help you in that it will deliver the following How to spot an energy vampire and recognise the early signs What to do if there is a narcissist or energy vampire close to you How to set strong boundaries with these people in order to shield yourself from any abuse How someone becomes an energy vampire in the first place How to protect yourself if you are sensitive or an empath The classic empath v narcissist relationship The consequences to you if you keep an energy vampire close to you If this has been a constant in your life dealing with these people then you CAN overcome and find the strength to move through these very tough situations When reading this book you will know that you are NOT alone and there is a multitude of help out there for you You don t have to take it anymore If this sounds like you and you want to move forward in your life free from these people to focus on your own path and becoming the best version of you then just click the add to cart button above Kindle version is FREE with paperback purchase **Narcissism** Steven K Craig, 2013-08-01 Have you had a relationship abruptly end with a person that you thought was your soul mate Are distraught confused and in absolute misery Is your life in ruin and you feel as if you just don t want to live anymore You may have had your soul raped by a Narcissist A Narcissist Epidemic is out of control and they

are spreading across the globe like a maggot infestation Narcissism is a subject that can no longer be ignored I put his booklet together with excerpts from my book Ghost of a Rose and added more material not in the book If you are just becoming aware of Narcissism you can spend countless hours researching it on the Internet However if you are needing help understanding it quickly because you are confused and in pain this booklet is meant to answer your questions and shed light on what is or has happened to you right now This book contains vital information that you need right now *Energy Vampires* Tony Sayers, 2018-12-22 KINDLE VERSION FREE WITH PAPERBACK I am guessing that you have had at least one person or a number of people in your life that have sucked you dry emotionally right Those people on the surface at least SHOULD be the people that love and support you the most Unfortunately this is not always the case and the polar opposite can happen We can feel attacked used and emotionally abused in a variety of different ways Many times these people can be a family member friend or even a work colleague which can make your life much more difficult You often feel obligated to keep the relationship on an even keel DESPITE being used as a human emotional punch bag Other times these people sneak under the radar unchecked and appear in our lives out of nowhere This is why it is so important to shield and protect ourselves in order to cope in a World where narcissistic tendencies and toxic people appear to be on the increase This book will help and guide you with the following How to spot an energy vampire and recognize the early signs What to do if there is a narcissist or energy vampire close to you How to set strong boundaries in order to shield yourself from further abuse How someone becomes an energy vampire in the first place How to protect yourself if you are sensitive or an empath The classic empath v narcissist relationship The consequences to you if you keep the energy vampire close to you If this has been a constant in your life dealing with these people then you CAN overcome the hurdles and find the strength to move on through these very tough situations When reading this book you will know that you are NOT alone and that there is a multitude of help out there for you You don't have to take it anymore If this sounds like you and you want to move forward in your life free from these people to focus on your own path striving to become the best version of you then just click the add to cart button above

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