



Understanding, Coping with, and Healing from Narcissistic Abuse Reading List

[Why Is it Always About You?: The 7 Deadly Sins of Narcissism](#) by Sandy Hotchkiss

[Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed](#) by Wendy T. Behary

[The Verbally Abusive Relationship](#) by Patricia Evans

[Loving Him without Losing You: How to Stop Disappearing and Start Being Yourself](#) by Beverly Engel

[How to Break Your Addiction to a Person: When and Why Love Doesn't Work](#) by Howard Halpern

[Red Flags of Love Fraud: 10 Signs You're Dating a Sociopath](#) [Rethinking Narcissism: The Secret to Recognizing and Coping with Narcissists](#) by Craig Malkin

[The Wizard of Oz and Other Narcissists: Coping with the One-Way Relationship in Work, Love, and Family](#) by Eleanor Payson

[The Sociopath Next Door](#) by Martha Stout

[Freeing Yourself from the Narcissist in your Life](#) by Linda Martinez-Lewi

[The Better Boundaries Workbook](#) by Sharon Martin

[Toxic Parents](#) by Susan Forward

[If You Had Controlling Parents](#) by Dan Neurharth

[Trapped in the Mirror: Adult Children of Narcissists in their Struggle for Self](#) by Elan Golomb

[Children of the Self Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents](#) by Nina Brown

[Adult Children of Emotionally Immature Parents](#) by Lindsay C. Gibson

[Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers](#) by Karyl McBride

[Codependent No More](#) by Melody Beattie

[Don't Call it Love](#) by Gregory Jantz and Tim Clinton

[Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You](#)
by Susan Forward

[The Human Magnet Syndrome: The Codependent Narcissist Trap](#) by Ross Rosenberg

[Trauma and Recovery](#) by Judith Herman

[The Body Keeps Score](#) by Bessel Van der Kolk

[Complex PTSD: From Surviving to Thriving](#) by Pete Walker

[Healing the Shame that Binds You](#) by John Bradshaw

[Black Swan: The Twelve Lessons of Abandonment Recovery](#) by Susan Anderson

[The Abandonment Recovery Workbook](#) by Susan Anderson