

Understanding 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