

**DEPARTURE IMMINENT: PREPARING FOR
NO CONTACT TO BEAT THE NARCISSIST
BY H G TUDOR**



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Realisation has finally arrived that you have been sucked into the nightmare world of the narcissist. No contact is the way forward but have you got what it takes to resist the machinations of the Narcissist as she or he does their utmost to derail your campaign? You need to prepare for no contact and who better than to tell you how to do it than the dark-hearted master narcissist. Invaluable techniques are delivered so you can prepare and maximise your chances of attaining no contact and beating the narcissist. An absolute must read.

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Most helpful customer reviews

4 of 4 people found the following review helpful.

Get ready for battle...

By Karen Paxton

Read it and take his advice.

Don't do the things you would be tempted to do (have the last word, let them know what a monster they are, that you are now happy) ...lock up any emotion in a box and treat them exactly as you would someone you never wished to see again.

Then get away and heal...read this guy's books and see what you were really dealing with...a machine programmed for your destruction. That's it. You are a target. They are a heat- (or attention-) seeking missile.

If you pop your head above the parapet you went to hide in to get away from them, to say 'na na na na na na' to them, then you just gave them something to fix on so they can come after you again.

Do. Not. Do. It.

You had a life before you ever met them, and chances are it was a lot more pleasant than how the monster treated you. Find your happy place again.

Learn from the experience and don't let another monster in.

To prevent that read widely and understand the telltale signs. Learn to look through the obvious (if they are 'charming' get your defences operating!).

Put them through some tough tests to see if they hang around and put effort in. If not, ditch. Keep them at a distance for a long time. Any rush is bad.

Take your own sweet time. If they are a forever person, taking time at the beginning will just be the start of a long investment.

Good luck!

4 of 5 people found the following review helpful.

Sociopath trying to cash in on this bandwagon

By Amazon Customer

This book is written by a sociopath. Why should I trust you? By default this means you can't trust anything they say; as sociopath are known to be pathological liars with duping delight. Should have known. They are not interested in genuinely helping anyone - just to scam them out of money. I am not supporting a sociopath and his machinations. If you truly want to get away from a narcissist / socio, read the Psychopath Free forum to get perspective and advice from the normals who can be trusted, have the same perspective as you do, with real experience - not someone without a capacity for conscience. I am sure sociopath are amused the "dumb" normal people who are buying the crap.

2 of 2 people found the following review helpful.

Good ideas for a first step to plan the escape.

By Nikita

The book has interesting personal stories which are enlightning and let you see how its the modus operandi of the N for when you want to leave. On the other side it brings a very good insight on what to plan when you are economically dependent on the person you need to flee from

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