

HEALING
FROM A
narcissistic
RELATIONSHIP

*a Caretaker's Guide to recovery,
empowerment, and transformation*

Margalis Fjelstad

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Healing from a Narcissistic Relationship
A Caretaker's Guide to Recovery,
Empowerment and Transition
By MARGALIS FJELSTAD

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About the Book

Recovering from any broken relationship is difficult. When a relationship with a narcissist ends, the caretaking partner is often left confused, deeply hurt, and often still emotionally connected, while the narcissist seems to easily move on to the next relationship. Extracting yourself from the union and healing from the emotional damage can be overwhelming. *Healing from a Narcissistic Relationship* offers guidance about what to expect as the relationship unravels and how to cope with the fallout. It also helps the reader learn to truly disengage and move through the grief process. Using stories from her practice, Margalis Fjelstad helps “caretakers” heal from their broken relationships and navigate the rocky waters post-break up.

About the Author

Margalis Fjelstad, PhD, LMFT, works with clients who are in relationship to someone who has borderline or narcissistic personality disorder, and she facilitates groups on Caretaker recovery. She has previously been an Adjunct Faculty member at Regis University in Colorado Springs and at California State University in Sacramento. She is the author of the hugely popular Rowman & Littlefield title *Stop Caretaking the Borderline or Narcissist*

Praise for the Book

“Must-read for anyone struggling with the ending of a relationship with a narcissist. Dr. Fjelstad clearly and powerfully lays out what you need to do for yourself to heal from the ravages of a relationship with a narcissist. I love her straight-forward way of describing the narcissist, as well as her direct, no-nonsense way of describing the caretaker - the enabler of the narcissist. If you want to heal from the end of your relationships with a narcissist, as well as not repeat your same patterns in your next relationship, this book is for you.”

— **Margaret Paul, PhD**, co-creator of *Inner Bonding*; author/ co-author of *Inner Bonding, Do I Have To Give Up Me To Be Loved By You?* and *Healing Your Aloneness*

“Margalis Fjelstad provides a complete overview and does exactly what the subtitle says, guides the caretaker to recovery, empowerment and transformation. *Healing from a Narcissistic Relationship* goes much farther than clinical knowledge and gets to the feelings of hurt and betrayal; offering a great deal of knowledge of what it's really like to have a narcissistic partner”.

— **Randi Kreger**, borderline and narcissistic personality disorders expert and advocate for families, the author/ coauthor of *Stop Walking on Eggshells* and *The Essential Family Guide to Borderline Personality Disorder*

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