



HOW TO TAKE REVENGE ON A NARCISSIST: Take your power back by using the secret techniques of emotional manipulators – against them

By Leyla Loric, Richard Grannon



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HOW TO TAKE REVENGE ON A NARCISSIST: Take your power back by using the secret techniques of emotional manipulators – against them By Leyla Loric, Richard Grannon

Written from the perspective of Leyla Loric, a biologist and Richard Grannon, a psychologist, "How to Take Revenge on a Narcissist" is a multi layered take on what it is like to be the victim of narcissistic abuse, the invisible scars it leaves and the crippling desire for vengeance and closure that infects the target long after the narc has moved on to fresh prey. A manual full of practical tips, tricks and tactics that teaches how to get inside the mechanics of the narc psyche to cause maximum angst to the predator.

Learn practical research-based strategies that empower you to either take revenge or through understanding find the strength to disengage across a variety of contexts and objectives.

Not every narcissist will be an ex lover, sometimes it could be a boss, family member or just some irritating dimwit at work who cant shut up. This book covers a spectrum of contexts and needs from outing a narcissists true nature in a court room, to a cutting put-down in a bar.

Whilst this book handles a serious subject, every effort has been made to lighten the darkness and to use humour to give some healthier options of response. Whether you choose (as a mature, responsible grown up) to use it as an actual guidebook for vengeful action, an exercise in angry fantasizing or as a means of just letting go, this book is a sincere effort by two people who have experienced narcissistic abuse to bring peace to the victims of this horrible, potentially life destroying disorder.



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