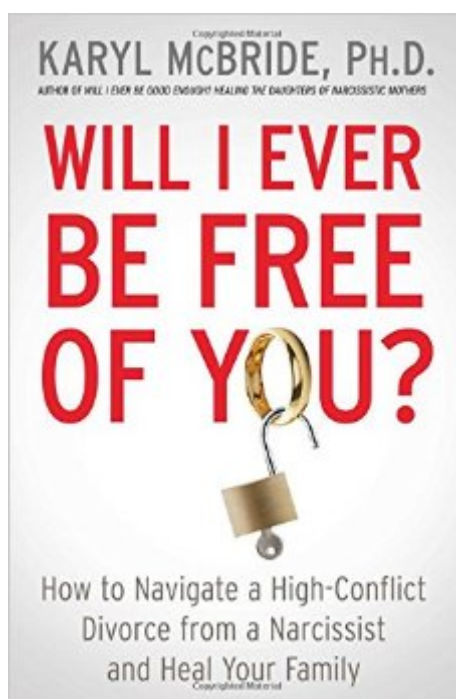


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# Will I Ever Be Free Of You?: How To Navigate A High-Conflict Divorce From A Narcissist And Heal Your Family



## Synopsis

The bestselling author of *Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers* draws on her expertise in treating men, women, and children damaged by narcissists in this practical guide to divorce and its aftermath. Narcissism "a personality disorder that goes beyond mere selfishness and vanity" is a prevalent cause of marital and family problems. Narcissists do not have the capacity to love, understand other people's emotions, or feel empathy. They are grandiose in their need for praise and attention, they overestimate their abilities, and they diminish people around them with emotional abuse. Being in an intimate relationship with a narcissist destroys your hopes, dreams, and peace of mind and erodes your children's emotional health and your finances. Does this sound like what you have to deal with? If you ever look at your partner and wonder in despair if you will ever be free, the answer is yes, you can be. A leading authority on narcissism, Dr. Karyl McBride offers proven therapeutic advice that will help you protect and nurture yourself and your children through your difficult divorce, from separating from your narcissistic partner and navigating the court system, where a narcissist can be especially destructive, to a restorative healing program of trauma recovery.

## Book Information

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## Customer Reviews

I highly recommend this book to divorce and family law litigants, their family members, and to their attorneys and MHPs. Because, if you are facing a narcissist, you will be asking - "Am I crazy, or is it them?" It is a relief to know it is them, and even more so to come to find some strategies that will

help you cope with your role as a planet caught by relationship gravity too close to an unending supernova. Moreover, if you are not a spouse or domestic partner who is coupled with such a person, by law or blood, it may help you to refuse the conversation or engagement with the narcissist in the first instance, or early on (even no matter how much money they might throw at you to enlist your aid). As Karyl notes in her Introduction, her book is divided into three parts:

"Recognizing the Problem," "Breaking Free," and "Healing from the Debilitating Impact of Narcissistic Relationships." Which is nice because this isn't a book to read from cover to cover as much something to flip through and take all in in no particular order. I promise you that if you are involved in some way with a true narcissist, nearly every page will sound familiar. In fact, certain sections may scare you as the truth of your relationship reality dawns upon you. In that sense, your read will be a bit of a roller-coaster, as you inevitably arrive at the shore of "Holy Crap, what do I do?" For that reason it is not a book for the faint of heart, but ultimately what makes us wiser makes us stronger, neh? As you become immersed in these awakenings, you may not be able to put the thing down, and your heart may even race a bit. Karyl's book is subtitled "How to Navigate a High-Conflict Divorce from a Narcissist, and Heal Your Family", and she means her work to be a book of dawning recognition and a vehicle of hope. For me, she has succeeded very nicely.

Several times while reading "Will I Ever Be Free of You?" I had that thought, and not only in response to the emotional and true-to-life stories of victims of narcissistic relationships, but also in response to Dr. McBride's clear and insightful descriptions of narcissistic behavior and its effects on the non-narcissistic parent. I felt that Dr. McBride knew all of my innermost pain, my feelings of weakness and self-loathing, my fear of triggering a narcissist's rage, my efforts to bury my thoughts, feelings and concerns as deeply as possible and to erase myself in order to avoid starting another fire and to protect the children by keeping the peace for as long as I could. It's soul-crushing to feel like that, and it never works for very long. Sometimes, in a moment of weakness, I make a misstep and speak up. Sometimes an innocent comment is inexplicably perceived as criticism. No matter what, eventually the narcissistic rage comes back and my young children bear the pain of witnessing those terrible outbursts (and if I'm too weak to avoid it, those horribly cruel fights). This book helped me understand for the first time that erasing myself isn't helping the kids and is destroying me...and that I have to take responsibility for finding and following a more constructive path.

Good book. But I'm not convinced that a narcissist PD parent even under the pilot program can be

prevented from harming the children emotionally as long as they have access to them alone. Since when does a narcissist/antisocial respond to or cooperate with therapy? Such personality disorders are practically incurable. It's about time that the mental health professionals stand up and acknowledge that the narcissists emotional abuse of his children is as damaging as physical abuse and that documented physical abuse of the other parent is a basis for concluding that the abusive spouse will likely also abuse of the children in an effort to control the other parent. As noted in the book, it's all about control and winning for these sick individuals and the kids are just pawns in a game. Children are emotionally defenseless, and the system presently ensures that even a good healthy parent with resources cannot protect them from this emotional abuse. The fact is that the system presently leaves the children to handle this themselves...when they have grown up and are already damaged. The healthy parent has probably been completely alienated from the children by that time. So In the interest of preserving the narcissist parent's access to the children alone, the children end up damaged and disconnected from their healthy parent, the only one that could have helped them. If the goal is to protect children with a narcissist PD parent, on-going supervised visitation needs to be central to the pilot program and the law behind the pilot program. The expense of supervision should be borne by the narcissistic parent.

This book saved my life! After spending \$50K and fighting, this book set me free. Thank you for writing and helping those of us and our children navigate such a treacherous path. I was able to make strategic decisions after reading this and got the truth I needed.

Read it in just a few hours. Will refer to it in the future. Wish it had more in-depth information for those of us who were the long-suffering spouse who stuck it out til the kids were grown, finished their education and appear to be functioning nicely in their careers. I give others credit for leaving earlier, but believe that juggling a job, children and getting away from a...let's say a force to be reckoned with, could have created a very unstable atmosphere for the "stable" adult and certainly for the children. Nice to be able to get out alive and then begin to thrive, even at this late date. I didn't like the pilot program that took up a long chapter at the end of the book. Liked the lists for additional information and references. Good index too, for when I return to it for specifics later. Useful and written by a professional who can relate to readers at any level. Recommended.

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