

"Provides insight and effective strategies for anyone working to deal with the negative effects of a close relationship with a narcissist. An important addition to the understanding of narcissistic personality disorder, this book is destined to help many people."

—Susan Forward, PhD, author of
Emotional Blackmail and Mothers Who Can't Love

"Written from the heart, Julie Hall's book is a treasure trove of knowledge and healing. Every page is filled with warmth and compassion, teaching the reader how to find solutions within."

—Jackson MacKenzie, author of *Whole Again* and *Psychopath Free*

"Ms. Hall gets it right not just about narcissism in families, but more deeply about the dynamics of family itself. She writes with a rare combination of lived insight, sound research, keen psychological understanding, and lucid style. However this personality disorder touches your life, whether you have a narcissistic parent, spouse, sibling, or boss, this is the book to read and reread, share and share again."

—Sharyn Wolf, LCSW-R, author of *Love Shrinks*

A must-read for survivors and clinicians alike, *The Narcissist in Your Life* illuminates the devastating experience of narcissism in families and relationships, acknowledges the emotional and physical trauma that results, and offers compassionate, practical advice for healing. It will help you:

- Understand the narcissistic mindset
- Identify roles and patterns common in narcissistic relationships and families
- Recognize narcissistic abuse trauma in yourself and others
- Build self-awareness, self-esteem, and self-care
- Manage the narcissists in your life

Julie L. Hall is an advocate for survivors of narcissistic abuse and the voice behind narcissistfamilyfiles.com. A writer and editor, her articles, essays, and poetry have appeared in Reuters, HuffPost, the *Seattle Times*, the *Nation*, the *Chicago Sun-Times*, and numerous literary journals. She lives in Washington with her family.

READ BY ROSANNE RUBINO



Running Time: Approx. 10.5 Hours • Unabridged

© 2019 by Julie L. Hall. All rights reserved. Hachette Book Group supports the right to free expression and the value of copyright. The purpose of copyright is to encourage writers and artists to produce the creative works that enrich our culture. The duplicating, uploading, and distribution of this book without permission is a theft of the author's intellectual property. If you would like permission to use material from the book (other than for review purposes), please contact permissions@hbgusa.com. Thank you for your support of the author's rights. © 2019 by Hachette Audio. All rights reserved. © 2020 by Hachette Audio (packaging elements only). A division of Hachette Book Group, 1290 Avenue of the Americas, New York, NY 10104. www.HachetteAudio.com

PLAYAWAY®

Playaway pre-loaded audiobooks are the best way to listen, unplugged and uninterrupted.

WWW.PLAYAWAY.COM
© 2020 Playaway. Patented. All rights reserved.
Designed in Ohio. Made in China.

39795
ISBN 978-1-5491-8521-2



9 781549 185212

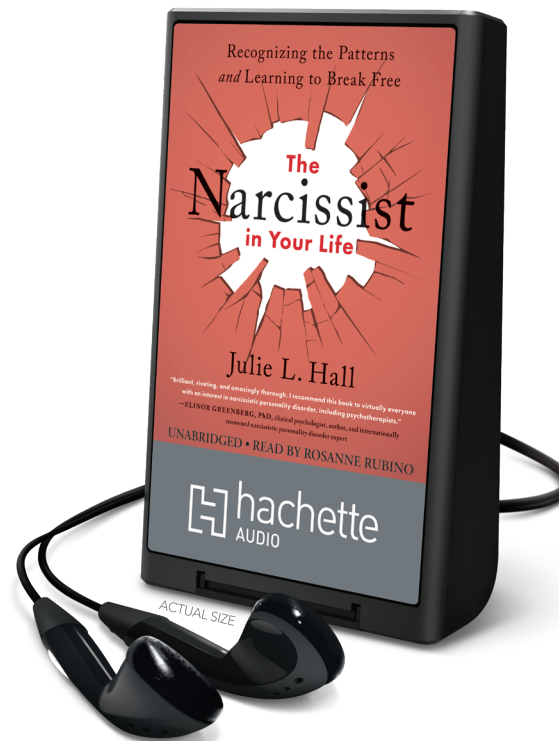
PLAYAWAY®

The Narcissist in Your Life
Julie L. Hall

UNABRIDGED



 hachette
AUDIO



PLAYAWAY®
THE ALL-IN-ONE AUDIOBOOK

PLAYAWAY® and associated logos are registered trademarks of Findaway World, LLC.
31999 Aurora Road, Solon, OH 44139 USA