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How To Do No Contact Like A Boss!: The Woman's Guide To Implementing No Contact & Detaching From Toxic Relationships



Synopsis

Love satisfies a basic human need for us to be close to and supported by a significant other. We are happier, healthier, and even live longer when we have strong, intimate bonds with other people. Relationships with romantic partners are a primary source of the close bonds we need to thrive. Being part of a healthy love relationship has been shown to increase longevity and improve mental well-being. On the other hand, being at the receiving end of emotional abuse has the opposite effect. The long-term effects from being in a constant fight-or-flight state subtracts years from one's life, and often leads to complete dysfunction and, sadly, suicidal tendencies. Anyone who is trying to leave an abusive relationship needs to impose very specific tactics in order to break away, heal, and move on towards a better life. Narcissists and emotional manipulators will do anything to get back in. While their unethical behavior should serve as a reminder of why one is enforcing No Contact in the first place, it's often hard to do when one is constantly bombarded with calls, emails, texts, social media notifications, and even in-person visits. How to Do No Contact like a Boss explains the reasons for going No Contact and takes the listener through the initial planning stages, exit strategies, the moment of No Contact, what to expect in the days that follow, and how to deal with a persistent and/or abusive ex who refuses to respect one's request for No Contact. Also included are alternative healing methods that address what traditional therapy often overlooks.

Book Information

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Customer Reviews

This is an excellent book. I have been NO CONTACT for 5 months. I tried low contact first and that

didn't work. While reading the book I cried, got upset, and even laughed a few times but it was because she was telling the truth about the Narcissist AND Myself. Even though this book focuses on a toxic relationship being with a spouse or love interest the dynamics are pretty much the same when it comes to a being in a relationship with a Narcissist or other types of abusers. The abuser in my life is my parent.

I had always considered myself a pretty independent and strong-willed person. Never in a million years did I think that I would get involved in a relationship that was toxic and one that I would have trouble walking away from - but I did. I needed some serious help to break away from this emotional minefield and I found it in author Kim Saeed's book "How To Do No Contact Like a Boss!". There was some great insight here as to the dynamics of that relationship - why I was in it and why I stayed for too long. Also, the specific daily schedule for the No Contact, discussion of withdrawal, and alternative healing methods were phenomenal. This book has given me the guidance I needed to make a new start and some great insight as well.

We all have been (or know someone who has been) in a toxic relationship. A controlling, happiness-destroying relationship. Yet it's still hard to let go. Instead, it's a cycle of breaking up and getting back together. "How To Do No Contact Like A Boss!" is a comprehensive guide, aimed at women, to ending a toxic relationship and getting that toxic person out of your life. The book covers everything from identifying someone who is narcissistic to formulating a plan for breaking it off to how to deal with getting lured back into the relationship. My favorite section is about healing from a toxic relationship. What really sets this book apart from other books on the topic is that it gives you a specific plan that is easy to follow. Recommended to anyone who wants to turn a new leaf and move toward a better future!

Anyone who has ever had a relationship with a narcissist needs to read this book. The emotional damage one suffers after being in a relationship with a narcissist is so intense, and this book really puts things into perspective and helps you better understand the narcissist, yourself, and heal from the abuse. This is the best book I have read on the subject for victims/survivors of narcissistic abuse!

Wow.... Every thought, feeling, or behavior I had exhibited over the past 17 months of my VERY toxic relationship was explained and made so clear to me.. Now it's easier to recognize and put an

immediate stop the behavior and actions that continue to lead me back to my abuser. I feel stronger, more capable, and like I now have the tools at my disposal to move forward and away from my ex. I immediately sought out counseling and cut all ties about half way thru reading the book. Reading this book was like having a emotionally healthy version only myself from the future sit me down and explain to me why I was allowing it to happen... And also like my future self was giving me the tools and encouragement to break the cycle and start loving myself again. I've got a lot of work to do... But this is exactly what I needed to get started.

If your confused about your relationship, if you feel your involved with a personality disordered spouse or mate, READ THIS BOOK. If your notsure, READ THIS BOOK. I've done a lot of research on Narcissistic Personality disorder, Histrionic, Borderline and Co-dependency, and this is the first book I've read that has put it all together in a simple and understandable way. I'm am close to several Narcissists, and a Borderline and I can tell you first hand these people cannot be fixed. I HIGHLY RECOMMEND this book. It's a quick read and very very well written. She knows what she's talking about. I read it in a few days and plan on reading it again.

This book is highly recommended for women who are presently in relationships that bring them pain and misery. This book will give you the emotional strength and practical support it takes to detach from love that hurts. If you currently hesitate about leaving your partner even though you know he is no good for you â “ you MUST read this book.

This book has helped me through a tough spot in my recovery from dealing with a Narcissist. The author understands on a personal and professional level and that clearly comes through in this book. I found it hard to put down because so much was resonating with me. Thank you for renewing my strength and faith in myself! A must read if you are trying to do no contact or even if you just want to understand why you were targeted by the NPD person!

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