

# Divorcing A Narcissist

## One Mom's Battle



By Tina Swithin

Foreword by Dr. Carol Lieberman, M.D., M.P.H.

Tina Swithin

## Divorcing a Narcissist: One Mom's Battle



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At the age of 26, Tina Swithin was swept off her feet by way of a modern-day Prince Charming. Married just one single year later, Tina shortly discovered that there is something seriously wrong with her story book. Tina's blog has become a support system and a lifeline for a large number of women across the world, and her new reserve, Divorcing a Narcissist, will need that support program to the next level.com, Washington Occasions and Yahoo. This wasn't the person that she wedded - was it? Tina's blog gained international attention and 25 % of a million page views in its first year while appearing on The Huffington Post, Examiner. In her publication, Tina explains how a smart, independent girl can fall prey to a narcissistic man. Tina soon discovered that there is only one thing more challenging than being married to a narcissist, which is divorcing a narcissist. Tina's blog, 1 Mom's Battle, was created in 2011 to record her struggles with divorcing a narcissist in the California Family Court System. Tina first heard the word narcissistic character disorder from her therapist in 2008 but quickly dismissed the idea that something could be wrong with her hubby. Tina was left within an utter state of misunderstandings.com. The marriage was filled up with lies, deception, fraud, and many tears. It took several years for Tina to begin researching the disorder, and instantly the past 10 years of her lifestyle made complete sense. Tina discusses the red-flag reflections that she chose to ignore while dating and through the relationship. Tina acted as her own lawyer in a divorce that can only be referred to as hell on Earth, and she will talk about the strategies that helped her to navigate through this fight while preserving her sanity and sense of humor.



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I felt lost and hopeless before it and today I feel I've an improved grasp on what is happening and ways to get through it.. Suddenly I did not feel so lost and baffled by the crazy producing and the words that by no means matched the activities or the actions that never matched the once spoken words and phrases. God bless you Tina!. However the insanity quit me baffled and attempting to cause with myself as to the reasons life was still therefore turbulent almost 9 years after departing. Am therefore thankful for the author's courage to put her struggles of her dealings with a guy that has NPD.. What most do not realize until they find themselves here, is definitely that the strength to overcome is enormous, much less the bravery it got for Tina to share her story with the globe. It is valliant and I am therefore very thankful to have most of her materials in my library and in my spirit. Must browse if divorcing a narcissist! This book was an eye opening read for me personally, during my battle to divorce my narcissist.Until I browse Tina's first publication, I was lost. Narcissists behave so equivalent and confuse their victim into believing they are the wicked one. This personality disorder has no treatment and is turning into an epidemic. This is my hubby to a T. It is time to leaveyournarcissist.com Helps to know very well what is like to face and fight a narcissist This is a book that really will help anyone to understand what is like to face and fight a narcissist to safeguard your children and your own self. The titles, faces and situations varies, but there are specific similarities in what drives Ns, how exactly we should respond (or not) and what most of us want. I joined One Mom's battle FB group in regards to a calendar year ago but have not gathered the strength as yet to read the book. It really is hard to become confronted with the old thoughts that you wish they were not there, it really is hard to re-live all of the anguish you are fighting to neglect, but I believe this was the right time for me personally, I am stronger now and ready to face and study from all that I've lived the last 5 years of my life. I feel connected to you and your family as We am also a victim of narcissistic abuse. We wish them to thrive. Read the book and follow up on Tina's site to see what's happened since the book was published and you'll be instilled with a feeling of hope and you may see the light at the end of the tunnel! I originally found Tina's website and the related Facebook page while in the throes of my own divorce with an N.. I am onto her next publication now! She has done so much for people that have been through bad divorces and custody battles I have read most of Tina's books. Before you even look at these reviews, understand that father's rights groupings come on Amazon and on her one mom's battle page and belittle and harass this female. I knew I experienced one but for me to survive I acquired to proceed numb when my kids were little. That being said, Dr. Malkin can be a guest post in her book which is awesome he's a knowlegable man. We want to secure our children. I love that when you are reading it, there is absolutely no down playing of what a Narcissist is usually or how they behave. You read her publication sitting there heading YES! that is so and so. I love how down to earth and realistic is, because we're able to understand now through her books that Narcissists abuse their victims and family members court systems need to WAKE UP. An inspiring, hopeful must read for those dealing with an N!. I didn't actually browse the publication until my divorce was finalized, because I was so scattered and simply didn't have the energy or the funds to take action. That said, in case you are in the center of divorce and can obtain a copy, certainly do it!" Despite the fact that I had been divorced, it still sensed good to be reminded that my kid and I weren't alone in this fight. Browse it if, like me, you are already divorced from an N. I admire her courage and the amazing heart to create her story be recognized to make a switch.When I first realized what my ex was, I felt like I was crazy. Family members and friends believed I was crazy. Then I came upon Tina's site and the Facebook group and couldn't believe just how many people were out there, just like me, living the same nightmare my kid and I were

living. Simply sharing the common thread, albeit one I wish no one had to share, gave me a feeling of alleviation. Uh huh. When I inform my story to people that just met me they don't learn how to react, they probably think I am exaggerating, but this book makes my story true and validates my very own experience. Personally I think less alone and hope to meet you in September for your retreat! This book can help you decipher the Narcissist behavior. Despite of all Tina's hurdles she inspires me and offered me wish, because she kept on going actually after her defeats. Because you may not know you possess a narcissistic in your midst until you read this book. But this book helped me see so much more clearly what he did our whole relationship. I didn't post there then because I wanted to remain anonymous. But many questions posed were queries I wanted to ask. Thank you, Tina, for being the voice of a large number of Parents. While reading Tina's reserve, I kept thinking, "Yep. There is an unspoken camaraderie between the survivors of the Ns because we all understand each other. She could be authoring my ex N. Browse it if you're considering divorcing an N. Because, really, the battle doesn't stop just because the ink is certainly dried out on the divorce papers. Tina's bravery demonstrated in her composing of this book. CANNOT Place THIS DOWN. The reminder to disengage is extremely important as well, especially when you need to kick and scream at all of the lies and torment an N will throw at you. I am right now strong enough to get a divorce. The answers are typically insightful and helped to reaffirm that I was on the right course. Thank you for posting what I understand had to become very hard to share. Many thanks for bringing this topic out from the shadows and into the light. I felt lost and hopeless before it and today I feel I've an improved grasp on what is happening and how to get .. Within the pages of this book, I found all of the puzzle pieces finally coming together and producing sense of the life span I have lead. Kindred spirit. So grateful because of this book and the knowledge and power it has given me. If you feel shed and confused, struggling to understand the torment you are facing, this reserve will open the entranceway for understanding! Many thanks Tina! Amazing book A must read for anyone enduring a high conflict divorce. It is time for all of us to open up our eyes and be honest with ourselves and be versed in the language and red flags of narcissistic abuse. This book is for everybody. You want to be free of charge. She has done so very much for folks that have been through bad divorces and custody battles. It has used years of healing to finally see all that I buried in order to survive. It's tough, but it's required. I keep attempting to think of his good days and not the bad days. Throughout my divorce I often visited Tina's website and the Facebook group. It was painful to learn but just because I remembered the discomfort and hopelessness of feeling that I'd never be sufficient. It was validating to learn that it wasn't just in my head and it isn't just my problem. Thank you Excellent read I read this publication in 2 days. I could not place it down. Tina writes well and I applaud her strength and stamina. Viewing your child have a child with a narcissist is certainly heartbreaking, but the publication supplied a renewal of faith and strength. Why did everything switch so rapidly and how in the world do I marry a monster? RIVETING OH MY GOSH. No phrases can explain how helpful, validating, and insightful this book will become for you.. I have never felt therefore relieved or so understood like I did so within the pages of this heartfelt account of her own pain and struggle.. The "Crimson Light Reflections" are invaluable to aid in avoiding future pitfalls and also provide as a glaring reminder of just what it is you're dealing with when you're involved with an N... After years of losing my very own identity and self-worth, and then learning nearly everything about my marriage was a lie, Then I spent years getting stalked and harassed and attempting to divorce the monster. RIVETING. MANY THANKS TINA FOR Composing THIS Publication! Amen Sister!!! Thank you Tina! And I have 2 beautiful reasons that give me strength to handle my reality and

become the advocate for them. We want to survive.! VALIDATION if you're faced with divorcing a narcissistic This book is great if you are in a higher conflict divorce from a narcissist.. Stop wondering "how may i make anyone understand what I'm heading through", or struggling to describe the abnormalities you find nowadays. Order this publication and find the piece of mind, and terms you need, to make it through this confusing time!



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