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Back From The Looking Glass

BACK FROM THE LOOKING GLASS

13 Steps Towards a Peaceful Home

HOW AGAINST ALL THE ODDS I BROUGHT PEACE TO MY HOME



KIM & STEVE COOPER

Hosts of The Love Safety Net & www.NarcissismCured.com

THE NARCISSISTIC /CODEPENDENT MARRIAGE



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Synopsis

Back From the Looking Glass tells the real life story of how the author, Kim Cooper, transformed her bad marriage even after numerous professionals advised her it was hopeless. Written as a step-by-step guide for anyone in a troubled marriage or relationship, Kim shares 13 steps that ended the fighting and abuse and rebuilt love and respect in her family's home. After her husband Steve was assessed as having Narcissistic Personality Disorder, Kim was told he would never stop lying and would never have empathy for herself or their kids. Shocked by the lack of sympathy or helpful advice offered by various marriage experts Kim refused to give up hope. Instead she went to work researching relationship advice from various other fields of expertise including business management, parent training psychology, and Emotional Intelligence training / social sciences, learning skills to manage Steve's difficult behavior without focusing on the necessity of divorce. Through learning these new skills Kim also discovered that her own previous patterns of behavior had been dysfunctional and counterproductive and had played into Steve's narcissism, often causing the conflict in their home to spiral downward.

"When you are in a bad marriage people say 'Just Leave' as if that is something easy to do and will magically solve all of your problems. But I think most people say this because really they don't understand the situation or have any answers. Leaving isn't the solution people pretend it to be. Whether a couple stay together or not, what's most important is that a person who feels abused learns new skills to manage and resolve the conflict."

Back From the Looking Glass offers a welcome new approach to relationship conflict that has helped thousands of couples restore balance and sanity to their home life, while turning standard marriage counseling advice on its head. Unlike other books on this topic that only teach people to leave / avoid / manage people with narcissistic tendencies, for nearly 6 years Kim and Steve Cooper have been successfully teaching people how to tame them.

"You won't stop attracting predators in your life by running away or learning how to accommodate yourself to other people's bad behavior. If you really want the exploitation and abuse to end you are going to have to stop acting like prey."

Where other writers and professionals often encourage people in bad marriages to manage their victim-hood - Kim and Steve encourage people to become their own hero, teaching skills that will stop them being a victim and in the process transform all of the relationships in their life.

"Abuse is a system dysfunction, so if one person changes the rules - the dysfunction cannot continue."

If a person is feeling put upon, manipulated and exploited in their marriage, they need to understand their own role in this tango and learn new ways of understanding and regulating their

emotions and emotional responses or else they will continue being victimized even after their marriage has failed. Narcissism is easy to see in others but very hard to see in ourselves. Because of this it is important we learn healthy habits to make sure that the problems we are experiencing don't follow us out the door. Back From the Looking Glass is not a book about psychology. It is a step by step guide to taking your power back in a way that will earn the respect of your family and community.

Book Information

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Customer Reviews

I can see the advice given in this book being helpful in my situation. It was very reassuring just hearing what worked for someone else. I think 9.99 is a bit on the high side for a 90 page kindle book though. I would have felt better about the value closer to 5.99.

Excellent book for those struggling through relationships defined by addiction, narcissism, and codependency. The only work I have read to date that gives me hope for wanting to salvage my relationship and doesn't shame one for continuing to love the addict.

i appreciated the suggestions on how to leave if you are going to leave your abuser. i wish i had read this when i left mine. i also appreciate the non-judgement for the abused to stay and heal herself and be a positive force in her marriage or leave but there will still need to be healing. I left thinking leaving was enough, but 5 years later realise i still need healing. Great read for wherever you are on your journey.

Thank you for inspiring words and simple exercises. Finally someone who understands that loving and staying in the relationship are sometimes better options than leaving. The advice in this book is practical and realistic. I have tried everything before and finally found the missing key... the concepts of this book. It has made a huge difference in just a couple of weeks.

Helpful in unexpected ways

I have many friends that are with NPD mates and should read this. Very eye opening. Great explanations and even better advice. Congrats to the Authors for all their personal achievements. Thank you for sharing your story. I will be reading the companion books and noted resources.

Whether her you're dealing with a person who is an addict, narcissist or ego/entitlement issues, this book is very helpful. Its great for the co-dependent person as well to establish some boundaries.

Fantastic!! Totally worth every penny. It warked for me.

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