

"The psychopath carefully selects the most indifferent & heartbreaking way imaginable to abandon you. They want you to self-destruct, cleaning up any loose ends as they begin the grooming process with their latest victim. They destroy you as a way to reassure themselves that their new target is better. But most importantly, they destroy you because they hate you. They despise your empathy & love, qualities they must pretend to feel every single day. To destroy you is to temporarily silence the nagging reminder of the emptiness that consumes their soul."

You never have to wait until your relationship with a **narcissistic** or **toxic, emotionally abusive partner** is over to begin working on your recovery if that were true, most victims of this type of **passive-aggressive abuse** would never have a chance. *Stop Spinning, Start Breathing*, will guide you towards recovery whether you're in the relationship or out of it, maintaining "No Contact" or struggling with it, suffering through a **narcissist's silent treatment** or fighting off the narcissist's inevitable Hoover. At no time is it ever too early or too late to address the fragility of our own mental health. The time to mentally break free from a **narcissistic or sociopathic partner** is now! The biggest obstacle to leaving an emotionally abusive relationship is the fact that our memories can keep us addicted to the nonsense. We develop a **relationship amnesia** that becomes an **agonizing codependency that inadvertently causes us to become the narcissist's enabler**. **We cling to the impossible, hoping that the relationship will get better or that the narcissist can be fixed or that, realizing the error of his ways, the narcissist will change on his own. This is a false hope orchestrated by the narcissist himself** and, if we allow it, the narcissist will instigate our suffering until the end of time. **The truth is that a narcissist only returns to a relationship again and again to ensure that his partner never recovers from the pain he has caused and for this reason alone, recovery must start today.**

You can come to terms with your conflicting beliefs about the person that is hurting you. You can learn to manage the memories so that what you remember is the reality and not the fantasy. Once you do this, you will find yourself letting go with much less sadness....and your life will begin to make miraculous changes.