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Stop Caretaking the Borderline or Narcissist: How to End the Drama and Get On with Life by Margalis Fjelstad. People with Borderline or Narcissistic Personality Disorders have a serious mental illness that primarily affects their intimate, personal, and family relationships.

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Stop Caretaking the Borderline or Narcissist "Being in a relationship with a borderline/narcissist can be intoxicating, full of spontaneity, exciting, and thrilling. You may feel deeply needed and super important to him or her.

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Learn to stop being manipulated by others for their benefit, and become more empathetic, loving and understanding of yourself. This will lead to you more equal, fair, and enjoyable relationships. As a seasoned therapist, Margalis Fjelstad brings insight, compassion and good advice to people who have become caretakers to a borderline or narcissist.

Stop Caretaking the Borderline or Narcissist : How to End ...

Stop Caretaking the Borderline or Narcissist is refreshingly no-nonsense, provides lots of useful hints on how to put this self-care model into practice while at the same time informing thoroughly and in no uncertain terms about the BP/NP's view of the world.

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Stop Caretaking the Borderline or Narcissist: How to End the Drama and Get On with Life. Often they appear to be normally functioning at work and in public interactions, and Narcissists may even be highly effective, in the short term, in some work or social situations. However, in intimate relationships, they can be emotional, aggressive, demeaning,...

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Not transparent or entirely truthful. When you first get into a relationship with a narcissist, their behaviors may not be directed at you, but you will see them directed at others—a parent, an spouse, their children, a boss, and the generalized “others” the narcissist comes into contact

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