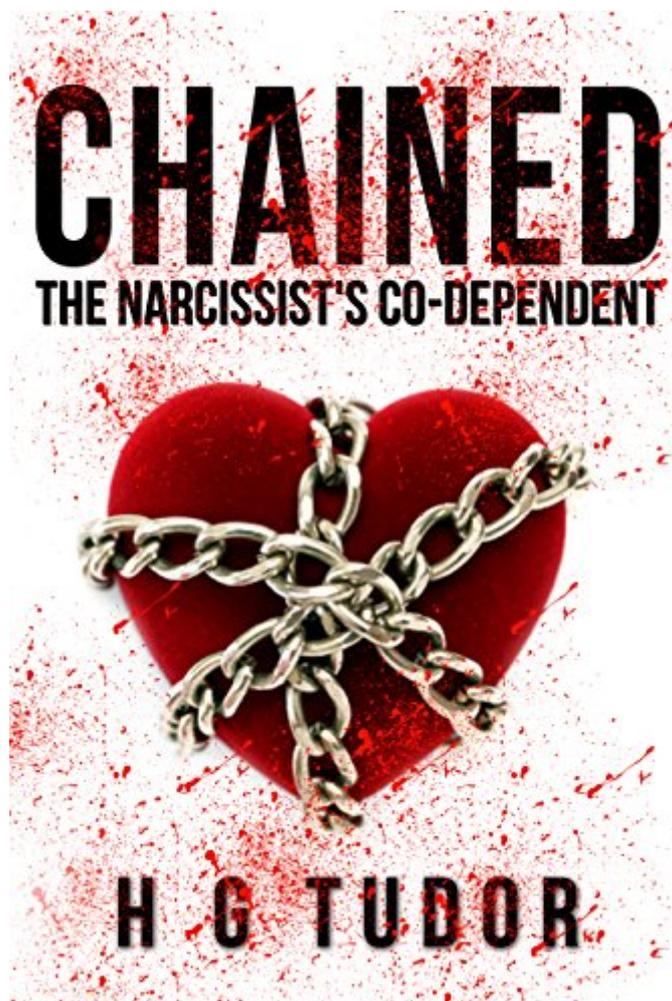


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# Chained : The Narcissist's Co-Dependent



## Synopsis

Are you or somebody you know chained to the narcissist? Are you a co-dependent? What does this mean? How did you become this way? How does the narcissist know what you are? How does the narcissist exploit this condition and how might you escape him? These questions and more are posed and answered in this fascinating book. Delivered direct from the dark-hearted master, the narcissist provides his unique observations on those who are co-dependent and find themselves chained to the narcissist.

## Book Information

File Size: 1767 KB

Print Length: 96 pages

Simultaneous Device Usage: Unlimited

Publisher: Insight Book; 1 edition (November 26, 2015)

Publication Date: November 26, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B018MP1BMA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #46,649 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #33 inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Parenting & Relationships #96 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Relationships > Mate Seeking #102 inÂ Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Relationships > Dysfunctional Relationships

## Customer Reviews

The author confuses co-dependency with masochism. Co-dependents are not masochists or submissives looking for a dominant. Apart from that, it is fascinating to read about relationships from the perspective of a self-identified narcissist. The author, in typical narcissistic fashion, has mistaken his false self as being evidence of his superiority and general awesomeness. He does not seem to grasp that the construction of a false self is a very unfortunate coping mechanism, probably in

response to some childhood trauma, that renders one a narcissist. He makes reference to his TRUE self throughout the book, calling it "the creature" that lives inside him and that he has to ignore and suppress at all cost. If society taught narcissists how to heal this broken and damaged aspect of themselves at a young age, they would never go on to develop narcissistic personality disorder - a condition that causes great harm and suffering to anyone who falls under the narcissist's spell. It's painful and sad to read the author's deluded misunderstanding of who he is, seeing himself as a powerful, brilliant predator, instead of a sad, damaged, broken human who badly needs professional help. Being able to manipulate and exploit others doesn't make you a superior human being. It just makes you an a\*\*hole.

I think the author might be a psychopath if he knows what and why he's manipulating people. Not all narcissists know why and what they're doing other than it feels good. As is the same for the codependent and empathetic. The most enlightening part is the narcissists' scale of needs or rank of fuel, they most enjoy tearful insults from others because it tells them they have really gotten to the person!

HG Tudor, a self confessed malignant Narcissist shows his readers how he and others of his kind control the heart strings of the victim. Targeting individuals who are high in empathy and co dependency. Utilizing the victims need to heal and help as means of control. This book is a necessary read for those who have loved and been abandoned and abused by a Narcissist. The need to unbridle oneself from the reins of the Narcissist is paramount for self healing. With every read and every book of HG Tudor, I see so much of my own experiences outlined. These books help us break free from the chains of false love. Thank you for your willingness to be honest and save others from the misery, you yourself has inflicted upon unsuspecting hearts.

This book written from the narcissist viewpoint on the codependent is extremely eye opening. I had to read it in chunks because it's so REAL it can be hard to stomach (but in a good way). You get to see what the narcissist feels and thinks of you as the codependent and it helped me get to the place of cutting the cord and going no contact. BEST DECISION EVER!

Tudor writes with brutal honesty and remarkable insight to both the narcissist and the codependent. Although his role is to scorn the codependent, CD take heart - you will finally comprehend that he is meeting your need to give care and serve. When you get it you will leave and begin the journey to

health. CDs can recover. N's will seek fuel - truly enslaved addicts - until death. Don't pity these vampires. Walk away and don't look back. Tudor calls it like it is. Remarkable self-awareness and a valuable read in breaking the cycle. Surely he wrote it to receive praise such as this. Read it. You know if you are ready to hear the truth.

As interesting as the perspective is, I found myself frequently annoyed by the writer and his near sociopathic attitude towards his observations of the people he writes about. I only gave it three stars for the interesting perspective, the writer himself was a complete put off... I've been able to stomach writings by Donald Trump better than this guy.

I just realized I was in a relationship with a sociopath after 6 years. I'm the type of person that has to know the truth no matter how painful. It was emotional hard to read. I'm still in disbelief a little that these types of people exist. Definitely has made me question almost everything.

Very insightful. The repeated affirmation that the individual penning this regards people as something other than a human being leads one to believe it could've only come from a narcissist. My mouth hung agape throughout most of my reading. And it didn't take long to finish it. Yea dude, you're an a\$\$hole, but thanks for the peek!

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