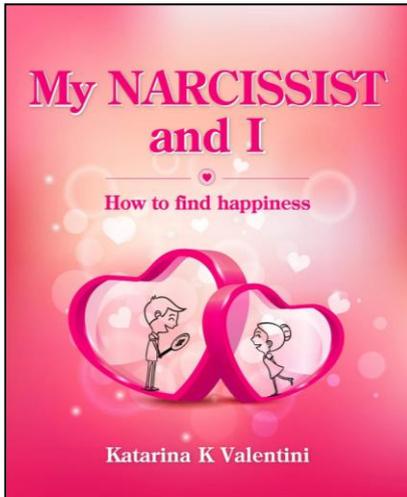


PRESS RELEASE: NEW SELF-HELP BOOK

An insightful guide for partners of narcissists – whether they wish to leave their toxic situation or wish to transform it into a happy, healthy and rewarding relationship for both partners

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My NARCISSIST and I

How to find happiness

by Katarina K Valentini



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What is it like to be in love with a narcissist? How does narcissism turn a loving relationship into a toxic, unhealthy co-dependency? And what can be done to help both partners? This new book, written by an experienced, professional psychotherapist, offers hope and advice on how to move forward ...

Narcissists are omnipresent in today's world where self-absorption and "it's-all-about-me" culture prevail. Whether they realise it or not, everybody has, at some point in their lives, encountered and dealt with narcissists. These days, so many individuals regard themselves as the centre of the universe and have a deep-rooted sense of entitlement that it is hardly surprising that toxic relationships with narcissists abound in our private and professional lives.

While there are other books about coping with narcissists, this book actually looks at the impact of having an intimate relationship with a narcissist. It is written specifically for people who are (or suspect they are) in such a relationship.

This book speaks directly to readers who find themselves coping with a narcissistic partner – albeit, one they love devotedly. It examines the experience of living in such a relationship – and, for those who choose to remain with a narcissist – the book offers advice on how to survive the damage and destruction that such a relationship can cause. Indeed, this book offers hope that some of these relationships can become a positive learning and growing experience that nurtures and sustains *both* partners.

The descriptions and conclusions provided in this book have been corroborated by the author's own psychotherapeutic work with clients who felt annihilated by their narcissists – and from her own personal experience of a long-term relationship with a narcissist.

This is also one of the few books that suggest that narcissists are not completely without empathy, and that relationships with a narcissist may be, not only possible, but also successful and happy. Author Katarina says:

"Surviving a narcissist is certainly no mean feat. It takes a lot of time, energy, patience and endurance. Staying in a relationship with one requires all of that, and a lot of love and concessions."



This book sheds a light on the dynamics in an unhealthy narcissistic love relationship and provides an insight into the root causes of narcissism and relationship toxicity.

Author, Katarina K Valentini is a qualified integrative-relational psychotherapist, an IIPA certified psychotherapist, a psychotherapy trainer and a life coach. She specializes in narcissistic, borderline and depressive disorders, and is also qualified to work with other psychological conditions. She has a successful private practice providing therapies and counselling to individuals, couples and groups, as well as offering personal development workshops and training. In her work, she integrates the traditional psychotherapy techniques with other techniques and methods such as Brainspotting, EMDR, Mindfulness, yoga and meditation. **Media opportunities:** Extracts/serialisation. The author is based in Slovenia and is available for telephone & email interviews.



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