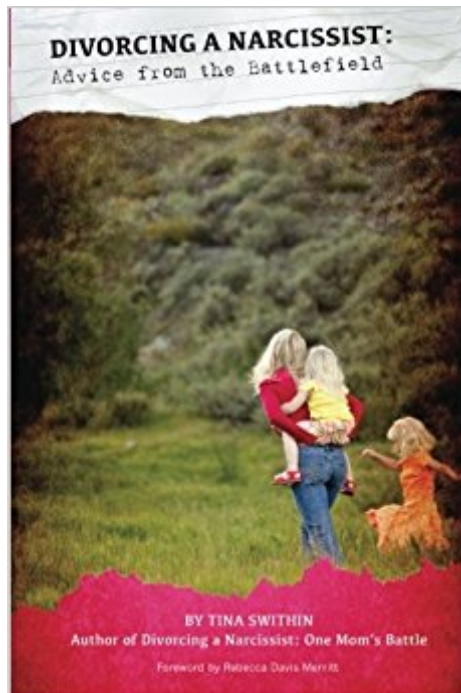


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Divorcing A Narcissist: Advice From The Battlefield



Synopsis

Prior to stepping onto the battlefield with a Narcissist, it is imperative to know their playbook both forwards and backwards. The behavior of individuals with Narcissistic Personality Disorder generally defies logic but sadly, their tactics in the Family Court System often fool Judges, Commissioners, Attorneys, Minor's Counsel, Social Workers, Therapists and even trained Evaluators. Narcissists are the masters of manipulation and projection and are known to launch stealth assaults that will leave their victims in an utter state of confusion and desperation. Victims are often left shattered and without a voice because they feel that no one could possibly believe or understand what they are silently enduring. Author, Tina Swithin, understands what it's like to divorce a narcissist. Tina spent over four years on the battlefield of the Family Court System while acting as her own attorney in a desperate attempt to protect her two young daughters. While Tina's first book, *Divorcing a Narcissist: One Mom's Battle* details Tina's personal journey and court battle, her new book offers solid advice and sanity-saving wisdom for transforming from victim to survivor. Education is power and *Divorcing a Narcissist: Advice from the Battlefield* is your personal guide and resource for navigating through high-conflict divorce. Receive advice for every stage of the battle: *Leaving the Narcissist: Strategies and advice* *Divorcing: Advice on attorneys, tactical moves, courtroom preparation, anxiety/PTSD, evaluations and more.* *Narc Decoder: Learn to decode emails and communication.* *Children: Sharing custody, sheltering children and breaking the cycle.* *Life Beyond the Narcissist: Loving again, personal growth and healing.* *Stories of Hope* *Resources*

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Customer Reviews

Tina Swithin survived a Category Five Divorce Hurricane and took shelter by writing her first book titled, *“Divorcing a Narcissist: One Mom’s Battle”* along with chronicling her journey on her internationally recognized blog, *“One Mom’s Battle”*. In 2009, Tina embarked on a hellish custody battle while acting as her own attorney and in 2013, Tina’s battle came to an end when she walked out of a courtroom with the one thing that she had dedicated her life to securing: her daughters’ safety. Through her blog, *One Mom’s Battle (OMB)*, Tina founded a grassroots movement and there are currently over 90 Chapters of OMB spread throughout five different countries. The goal of the movement is to raise awareness on personality disorders and their affect in the Family Court System. Tina Swithin has been awarded honors such as the *“Top 20 Professionals Under 40”* and the *“Top 40 Professionals Under 40”* in several regional California newspapers. Tina has appeared on shows such as *“Dr. Carole’s Couch”* with world-renown psychologist, Dr. Carole Lieberman, Huff Post LIVE, and on Candace Smyth’s *North Star Series*. Tina’s book and blog have been featured in outlets such as Glamour Magazine, SF Gate, Examiner, LA Parent Magazine, About.com, Yahoo, Huffington Post and the Washington Times. Her first book has garnered a 5-star rating with over 115 reviews on . In her spare time, Tina writes for the Huffington Post Divorce and HopeAfterDivorce.org where she delves into the tricky world of divorcing a narcissist.

This book had a profound impact - to my core being. So very helpful. It was instrumental in helping me move from the defensive, hurting mode to the confident, level-headed, secure-in-myself mode. You will read incident after incident of narcissistic, abusive crazy-making "at it's best" and the smoke will clear for you. Reading this is the final step for me in demystifying the abusive behavior. If you are struggling to make the shift from beaten down and insecure to confident and understanding of your situation - READ THIS BOOK. It was truly life-changing for me.

The BEST book that I have ever read on the damage that a severe narcissist does within a partnership, or marriage, and forever more.. The damage is vested not only on the spouse, but also the children. The narcissist sees all through special filters,.....ALL is about themselves and their wants and needs! It is a book about people, men and women that have narcissistic personality disorder..and the pain and abuse that they leave in their wake after a relationship ends..They are charmers, charismatic, manipulators, and liars. They behave as if the children are extensions of

themselves. How could a child possibly need glasses? The narcissist never had glasses. They rarely cooperate with any parenting plan, support payments or visitation. Many times they try to alienate the other parent by bad mouthing them to the child. Then, when the child refuses to participate in this action the narcissist says the other parent is trying to alienate THEM! They dupe therapists, custody evaluators, lawyers, and judges and tie up courts needlessly. You will learn how "The Best Interests Of The Child" are NOT met. Because of an antiquated family court system that stands on the belief that parenting time should remain equal, courts do not readily change parenting times. or custody.....and in most States, children are not even allowed to make known what they want. This is a wonderful book of survival! "Tina Swithin", The author, has written a book that helps people to understand what HAS and IS happening to them. This type of narcissist is crazy making. Remember the term, gas lighting? The "Battleground" runs through the book.....People now experiencing this ongoing abuse relate how they have and are dealing with it. I guarantee that you will, perhaps for the first time, feel understood and supported in your battle to keep your children and yourself healthy and whole, and have peace in your lives. My belief is that this book should be REQUIRED reading for all in the family court system, custody evaluators, therapists and lawyers and judges as well as parents dealing with a narcissist post-divorce. There need to be changes made to "Protect The Best Interest Of The Children." If I could give this book more than 5 stars, I would. Kudos to you, Tina Swithin!!!!.

This book was written by a mom who had to divorce and share custody with her narcissistic ex-husband. While Swithin is not the best of writers--the book could use editing--in this case, that's a "so what?" because the content of the book is valuable. She bounces back and forth between her own harrowing court and Child Protective Services (such as they are), and the experiences of other veterans from the same battles. Not all ex-spouses are narcissists, but if yours is, the system is ill-prepared to handle the games, the vitriol, the lies, the manipulations, the goals and methods he will use against you. Few individuals can withstand the years (yes, YEARS) of verbal, emotional, and financial abuse--the extraordinary anxiety for your children's safety, the exhausting preparations for court, the lack of child support, or the double abuse from the system. Reading a book like this will help anybody in such a dire situation--so I strongly recommend it to any mom who is facing this situation. It's an easy read--a friendly and supportive read.

I have read both of Tina's books now. The first book gave me actual goose bumps. When I was reading it there were so many of the same things that I had encountered during my own marriage.

The lies and gas lighting all too familiar. It was a blessing to find One Mom's Battle blog but also painful to know that this goes on and family court is not putting the children's best interests first. I ordered the 2nd book and again am reading entries like they are about my life. I highly recommend following Tina's blog on Facebook and reading both of her books. It helps to know that we are not alone and that changes can be made through educating others. I am fortunate that my children are old enough to state what has happened and to have a great attorney and GAL that understand what my ex is doing. I am 3 1/2 years into my nightmare with no end in sight. I hope that Tina's cheer teams, books, and blog bring this issue closer to a solution for our children.

This is my go to book! I read it over and over again, even though my divorce has been finalized for over a year. The words in the stories have brought me peace and knowledge. I have purchased this book as a gift for friends going through similar situations.

very unfortunate that our family would ever need to refer to a book (books) on this topic, but alas, the reality is, we were all charmed by a narcissist, he married our family and is now divorced from our family. There are young children involved and Tina's books have been a God send to give insight, counsel, hope, humor and practical steps for this journey through hell. my daughter also retained an excellent attorney upon her recommendation. we are so thankful to God for the reminder that we are not alone, we have help, we have hope and there is healing. thank you Tina for sharing your healing journey to help so many others.

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