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Planet Ben: Inside the World of a Narcissist (The Love Games) (Volume 1)

Susan Williams

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Are you tired of lies, broken promises, cheating and emotional game playing? Do you desperately want out of your relationship but can't seem to break away? Have you changed from the confident, happy woman you were before you met him to depressed, anxious and insecure? That's my story too. That's life with a narcissist. We live in a world of narcissism but how do you know if your partner really has narcissistic personality disorder, or whether you should just give it more time and patience? In Planet Ben the reader is taken on my own journey as I enter Ben's narcissistic world, thinking I have met the man of my dreams, only to find out that I am caught up in a fairytale nightmare with a guy who cares nothing about me at all. This book contains my journal entries written over that first year and shows the methods a narcissist uses to set the game up - the romantic beginning (ideadlization), the game shifting (devaluations) and the constant mind games, raging and silent treatments. You will witness my personal struggle to understand what I am dealing with as my ideal love changes from Mr Nice to Mr Nasty. You will also witness my denial of how bad things really are as I come up with endless excuses for his behavior. Along with insights into the narcissistic personality, Planet Ben provides suggestions on how to avoid making the same mistakes I did by being aware of what is going on - not only with your partner's behavior but with your own actions and reactions that keep you trapped within a narcissist's toxic love game. If you are with a narcissist you will most certainly see your own situation reflected within the pages of this book and be able to make a better informed decision as to whether you want to stay or go. Here’s what readers have to say: “This book is absolutely incredible! It's a quick and easy read, and it really hits home in so many ways. Lots of self reflecting with this book. I can't even count how many times I would read a paragraph and think "Did we date the same person? I can completely relate! Wow, maybe I'm actually not crazy?!". This book is so important, for absolutely everyone.” ‘Planet Ben was an amazing book. For me it made me feel sane. I don't think anyone can understand how it feels to be in this tangled web. You feel lost, isolated, lonely and weak. But before you met him you were independent, strong, vivacious and fun. Then somehow you lose yourself and you don't know it's happening. Thank you for putting it out there. I so needed to know I wasn't alone.”

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