



Will I Ever Be Free of You?: How to Navigate a High-Conflict Divorce from a Narcissist and Heal Your Family

Dr. Karyl McBride Ph.D.

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Author of the bestseller *Will I Ever Be Good Enough? Healing the Daughters of Narcissistic Mothers* Dr. Karyl McBride draws on her expertise in treating children and partners damaged by narcissists in this practical new guide to divorce and its aftermath.

With more than three decades of experience as a licensed marriage and family therapist, Dr. McBride guides you through the emotional fallout and challenges of being married to and divorcing a narcissist. The court system assumes that both parties in most high-conflict divorces are at fault, but a narcissist can wreak havoc in the divorce process. Dr. McBride shows how to navigate this kind of divorce and how you and your children can heal afterward.

Written for those considering or already going through divorce, as well as the professionals working with them, *Will I Ever Be Free of You?* has three parts: Recognizing the Problem, Breaking Free, and Healing from the Debilitating Impact of Narcissistic Relationships. You begin by learning exactly what narcissism is, how to identify it, and how it affects relationships, then how to begin and carry on through a divorce and make the best decisions for you and your children. Dr. McBride lays out a roadmap of trauma recovery for the whole family, offering a step-by-step program for recognizing and healing from the particular emotional damage that narcissism causes.

This guide offers new therapeutic strategies and practical guidance for protecting yourself and your children through this difficult time.

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