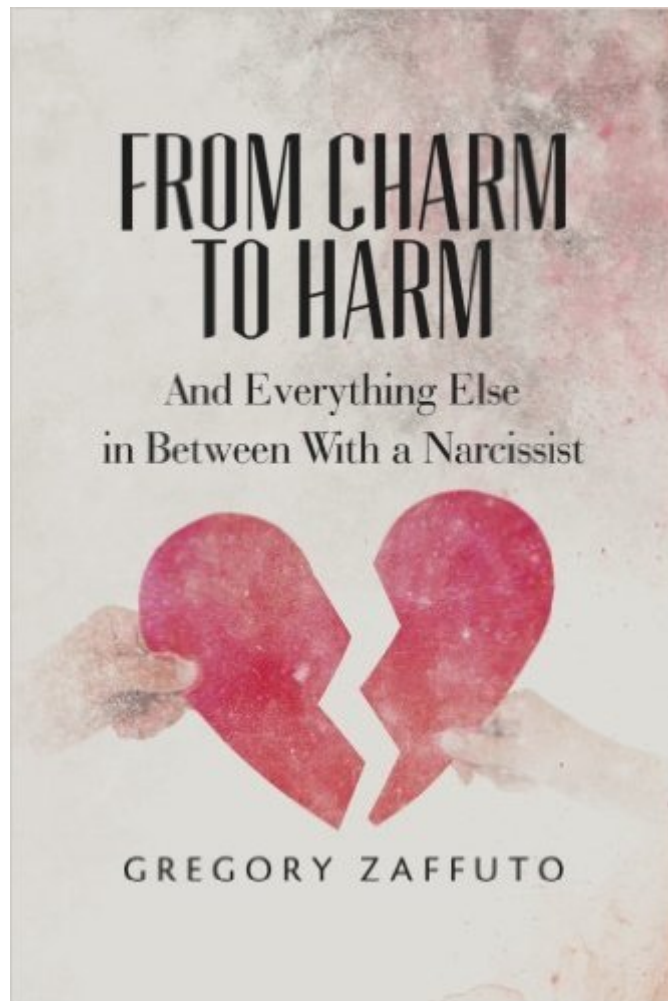


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# From Charm To Harm: And Everything Else In Between With A Narcissist (Narcissistic Abuse And Recovery) (Volume 1)



## Synopsis

You try to understand how another human being could psychologically terrorize you in the manner that the Narcissist you were with did to you. You loved this person and they SAID they loved you back. They participated in the relationship and it seemed like a "normal" reciprocation as far as them loving you back. BUT today you are looking at this relationship and wondering HOW did this turn around in such a hideous manner that you feel so lost, so confused, so broken, and disabled. What did you do wrong, why did this person that you loved unconditionally now seems to hate you and blame you and WHAT IS THE REASON? They have probably moved on very quickly and are with someone new and they are saying that they are in love and it is amazing. They are also saying that they basically had to run from YOU because you were impossible to deal with, or perhaps you have mental health issues, OR you abused them. You feel frozen in time, very vulnerable, and in shock or better yet traumatized from this and you want to dig through all of the layers and understand this so you can move on, BUT YOU JUST CAN'T SEEM TO DO SO. Family and friends are there to support you but more than likely it is to give you a small pat on the back and say time will heal your wounds, or you HAVE to move on, OR how could you stay in this relationship for as long as you have if it was this bad. When you try to tell your story it is so incredulous that most people seem to be in shock over the allegations that you are proposing about the relationship. In turn you only feel like you are the problem and you blame yourself even more and MAYBE you start to believe that you were the problem just like that Narcissist said. You feel like your spirit is gone and your whole belief system has been thrown out the door about life. Where do you start, how do you turn off the many negative messages? How do you reclaim your spirit and join life again? Who do you go to for the help that you need and WHY is this taking so long to get over? Every day is a struggle and you want this to stop NOW and you want to move on. You have heard a "things" your Narcissist has said about you to the very people you love in your life and now they may be challenging you or questioning this from the Narcissist's point of view. You are defending yourself when you shouldn't have to. Again you are feeling you are the problem here and all of this has become insurmountable. Well I totally believe you, I totally understand what you are going through and I am going to explain this abuse in a manner to educate you, as well as help you embrace this in a manner to achieve closure on your own. I am going to try to explain as much of this as I possibly can to help you get through this and achieve that "Ah Ha" moment where you do "GET THIS". I am going to do this in a manner that goes beyond the clinical definitions and put it out there in a raw manner with real definitions and explanations from the perspective of a person that has gone through this and returned back to a normal lifestyle. With each and every

separate topic I am going to keep bringing you back to some of the same specific points I may have already covered in a manner that not only defines a specific situation but constantly reconnects it to the bigger picture! I will repeat and connect thoughts in each chapter because there is no real â ^rhyme or reasonâ ™ to this abuse, only the truth and facts that every target/victim of this abuse experiences the SAME thing. That is what I am trying to connect you to! Each chapter is its own separate story so you can read a chapter at a time, return and connect to a new definition that brings you back to a little more of the truth and understanding the total picture step by step.

## **Book Information**

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## **Customer Reviews**

From Charm to Harm, by Gregory Zaffuto review by Priscilla Newcomb, MS, MFT From Charm to Harm - part memoir, part psychological analysis - is an excellent presentation of the results of a relationship with a Narcissist. People who are confused by the mixed messages and and other convoluted communications in a dysfunctional relationship could benefit by reading this book written by someone who knows from personal experience, and has a background in psychology. Especially useful is Chapter 10, with its description of 'gaslighting,' the intentional use of nonsequitors by a Narcissist to gain control over the mental functioning of the victim. When a victim of psychological abuse can deconstruct the controlling/disabling language, this is the beginning of becoming psychologically free and regaining one's own authentic life. However, it is not always possible to establish and maintain a 'no contact ever' standard with Narcissistic ex-partners, as recommended in Chapter 26. When the victim and Narcissist share custody of children, it is important for the victim to become a savvy survivor and learn to interact with the perpetrator without getting sucked back into dysfunction. As a psychotherapist with 25 years experience helping survivors of Narcissists, I

question the terms "post traumatic narcissism syndrome" or "post narcissistic stress disorder." Narcissists are, by definition, abusers. Their victims are harmed and often qualify for a diagnosis of PTSD, Post-Traumatic Stress Disorder. We live in a narcissistic society. It is important to differentiate between narcissism as a social construct, and Narcissism as a psychiatric disorder.

I appreciate that this book is written by a man; much of the literature surrounding Narcissistic relationships is written by women; the male voice is refreshing. I recommend *From Charm to Harm* if you are looking for a better understanding the similar (sadly) aspects and effects of being in a romantic relationship with someone that you thought loved you, but ended up, in Zaffuto's words, psychologically raping you. I have never heard the previous phrase, but it resonated with my experience of being involved with a classic Narcissist; Psychological/Mind Rape. *From Charm to Harm* is more an informal conversation you wish you could have with your family and friends, about your experience, than a clinical textbook about Narcissist Personality Disorders. People that have not experienced Narcissistic abuse will NEVER understand. Zaffuto's book helps validate and articulate the experience. Zaffuto points out that the wounds from the abuse is deeply rooted in the subconscious and is not something one can just "get over it and move on" like friends and family suggest, leaving the victim feeling more isolated and confused. We function, but not as we once did before we got tangled up with these monsters. Friends do not understand victims need to keep repeating things over and over to "purge" the abuse outward. Reading and reading that it was not me (which blaming and projecting are one of their favorite torture tools) that caused the abuse to happen, these people have deep mental health issues that can never be fixed, because they are FINE with using and abusing people, others exist only as objects to serve their needs, OUCH! "Narcissists break people with emotional, psychological and verbal beatings because they are just that sadistic."

I have not as of yet read the book, but ordered it because I sought out who was writing articles for a particular narcissist information Facebook site and that person is the author of this book. I grew up with 4 narcissists and had the misfortune to have a narcissist for a psychiatrist for 17 years. The psychiatrist did finally lose his license. Gregg writes with clarity on the subject of narcissism. He is able to get across the message many need to hear. It is very difficult to explain what a narcissist does to the person or people they decide to target. After my successful search to find Greg Zuffuto we were messaging about a certain topic and I told him about this amazing article and sent the link to him. Well as it turned out it was an article that he had written. I often share what he writes with

others that are trying to recover from the PTSD that comes with long term exposure as a target of a narcissist. I look forward to reading Gregg's book as have for sometime now enjoyed reading his articles.....I have now read From Charm to Harm and was thrilled to see that it was everything I expected.. My copy is now in the hands of a lady that does divorce care. I volunteer on a Facebook site that provides articles to help victims of Narcissistic abuse and the book is so well organized that I can use it as useful information to share with others now too. Gregg writes with metaphors making it easy to relate too. It took a lot of courage, strength and conviction to complete such a book. Writing about emotional trauma so severe the victims usually end up with PTSD. takes a lot of gumption. A victim of narcissism first needs to understand what they are dealing with before they address their personal damage.

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