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Shahida Arabi Shahida is the author of Power: Surviving and Thriving After Narcissistic Abuse and the poetry book She Who Destroys the Light. She is a staff writer at Thought Catalog.

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Pathological mind games. Covert and overt put-downs. Triangulation. Gaslighting. Projection. These are the manipulative tactics survivors of malignant narcissists are unfortunately all too familiar with. As victims of silent crimes where the perpetrators are rarely held accountable, survivors...

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Power teaches us that it is important to not only understand the tactics of toxic personalities but also to recognize and combat the effects of narcissistic abuse; it guides the survivor to learning, growing, healing and most importantly of all - owning their agency to rebuild their lives and transform their powerlessness into victory.

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Narcissistic abuse is a hypernym for the psychological, financial, sexual, and physical abuse of others by someone with narcissistic traits or suffering from narcissistic personality disorder (NPD) [citation needed]. Narcissistic Personality Disorder has been referred to as a mental health condition by several medical research and journal organisations, such as, for example, the United States ...

## **Narcissistic abuse - Wikipedia**

POWER: Surviving and Thriving After Narcissistic Abuse by Shahida Arabi Published on: January 11, 2017 Published by: Thought Catalog Book Pages: 354 Amazon: 4 1/2 Stars with over 100 reviews Price: \$4.99 Kindle or \$13.49 Paperback: One word - AMAZING. Two words - LIFE CHANGING.

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Then, after about 3 years of remission, the cancer came back, this time as metastatic disease. She shared her story at the 2020 Miami Breast Cancer Conference, focusing on the power of hope, the impact of doctors' words, and patient stories, and the difference between merely surviving and thriving with a cancer diagnosis.

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