



Letters to Myself

By MS Sheryl Margaret Lee

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What s it like to live with a narcissist? Just ask Cassie. Cassie s life seems perfect on the surface, but things are never what they seem. To others her husband is charming, all any woman could want. But at home it s a different story. Living with a narcissist is emotional mayhem, and Cassie feels she has no voice, no identity. With her life falling to pieces Cassie turns to therapy. Given a notebook by her therapist Cassie begins to write letters to herself, and it is through these letters that she connects to her deepest feelings and emotions. She begins to find herself again, and to rebuild her life. She even forms a friendship with her new neighbour Matt, a relationship that highlights all that was wrong in her marriage. Things seem to be working out for her, but her husband has other ideas. It s not so easy to break free.

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