



Were You Raised By a Narcissist?

Jenna Inouye

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Were you raised by a narcissist? This unofficial yet comprehensive guide serves as a primer for narcissistic personality disorder and how narcissistic parents affect their children. From having an irrational fear of phone calls to never being able to make a decision, this guide discusses some of the major hallmarks of NPD parents and how to tackle recovery. While not intended as professional advice, this guide intends to create a portrait of the NPD childhood experience.

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