

This is my personal story the scapegoat of a narcissistic mother. The emotional, verbal, mental and physical abuse was horrendous. I was my Daddys little girl and she was extremely jealous. I tried relentlessly to be accepted and for approval but I was never good enough. I lived in my own personal pain and I was afraid to talk to anyone because everything she does is deniable. I thought something was bad wrong with me. Was I crazy? A freak of nature? I was 50 years old when I learned about narcissistic mothers. Ive had no choice but to cut ties with her completely, even moved hundreds of miles away. I took control of my life and she no longer has the power to destroy me emotionally o mentally. Its my hearts desire for every daughter of a narcissistic mother to have the freedom and peace that the truth brings. Its a lifetime journey of healing but its worth it. This is a must read. Any names or similarities is merely coincidental

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