



# Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents

*Nina W. Brown*

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**Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents** Nina W. Brown

This guide teaches the grown-up how to identify destructive patterns due to parental self-absorption, and how to deal with the results. The author offers techniques for unlearning the negative impact of childhood emotional abuse and rebuilding self-esteem.

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