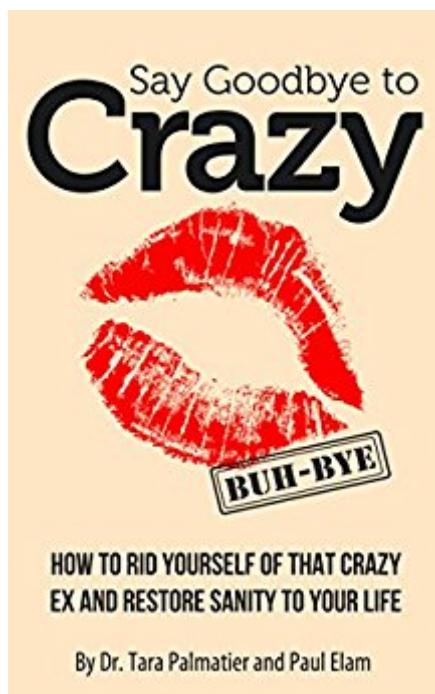


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# Say Goodbye To Crazy: How To Get Rid Of His Crazy Ex And Restore Sanity To Your Life



## **Synopsis**

If you have an ex-wife in your life that is ruining your current marriage and wreaking havoc with your family, read this book. It will give you the answers you need to live a life free of chaos, anger and frustration. Say Goodbye to Crazy is one of the few books that addresses how to cope with a hostile, angry ex-wife whose destructive behavior is overlooked by the courts, the society and sometimes, even your own husband. It is a life-saver. ~ Helen Smith, PhD, forensic psychologist and author of Men on Strike

## **Book Information**

File Size: 3408 KB

Print Length: 264 pages

Page Numbers Source ISBN: 1514683814

Publisher: SGTC Press (September 3, 2015)

Publication Date: September 3, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B014W0587S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #50,526 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #31

in Books > Parenting & Relationships > Family Relationships > Abuse > Partner Abuse #34

in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family

Relationships > Divorce #74 in Books > Parenting & Relationships > Family Relationships >

Divorce

## **Customer Reviews**

So I made a mistake of shacking up with Crazy. Yes it happens to some awesome guys. After icing down some bruises and saying some affirmations in the mirror. I pulled the trigger and bought this book. A few things you should know: 1. This book is written primarily for the new partner of a guy out of an abusive relationship. Ignore those references, and still read this even if you haven't left crazy..

I moved out and this gave me a definitive direction to go.2. This isn't a magic fix or a total win. But when you've hit bottom there's nowhere to go but up and forward. The concepts are a bit brutal. And you really have to redefine what a win is.3. Supplement this book with a professional counselor or some sort of support system. The book goes over questions to ask your prospective therapist. Or talk to someone you trust. I would recommend this book and share it with family members and friends. It's a very valuable tool.

Unless you have had this type of crazy person described in this book in your life you can't really appreciate the magnitude of their abuse. This book gives real clear practical advice dealing with these people. Let's you know what you're up against with these type of people, the bias of the courts, and the bias of the psychology profession and gives a blueprint of how best to make your way through to the other side to sanity. I wish I had this book years ago. People who follow the advice of this book will save themselves years of anguish.

The only book someone needs to read to remove that toxic ex from their life. Examples given by the authors are so spot on that you start to believe it is a biography of your own life and not a book just written to help all people in this/these situations. If you struggle with getting validation of what you have went through, continue to go through or are just recognizing what you are going through, look no further and read this book!

I wish I had read this book a long time ago. Tons of insight and practical tips for dealing with my fiancÃ©'s crazy ex. If you are having trouble with your own Crazy you need this yesterday.

A must read. The book should be mandatory reading for every high school health class. I was unavailable to receive the message portrayed in this book while going through my divorce as the reality was so difficult to face. I am available to receive the message now. I read this book in one setting and found myself unable to put it down. I recommend going to PaulÃ¢Â¢Â¢s YouTube channel Ã¢Â¢Â¢ An Ear for MenÃ¢Â¢Â¢ if your looking for a bit of a sounding board for guys who have struggled with such an existential crisis like the one brought on by the situations laid out in the book. Crazy as described in the book are very real and the non sugar coated advice is spot on. The chance of experiencing a person labeled as "Crazy" in the book is very real. Arm yourself for when the time comes.

A few years too late for my circumstance, but would have been a lifesaver. Clear, focused, practical. And realistic, which is critical. Have recommended it to multiple people in similar situations already. (I believe in this book so strongly, I wanted to buy copies for them, but not yet available non-electronically.)

This book perfectly depicts the amount of crazy my spouse and I deal with when it comes to his ex wife. This book has a ton of great advice but mostly I loved that it made me feel validated that we were dealing with a whack job :)

this book is helping me and others deal with a narcissistic borderline personality who has wreaked havoc for 15 plus years. an easy yet thought provoking book that provides excellent skills to walk away from "the crazy" and not feel guilty.

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