



# **THE CODEPENDENT USER'S MANUAL: A Handbook for the Narcissistic Abuser**

*Jon Bet*

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## **THE CODEPENDENT USER'S MANUAL: A Handbook for the Narcissistic Abuser** Jon Bet

This is not a satire but it takes a satirical approach to shedding light upon a very dark subject: narcissistic abuse.

It is intended to demonstrate to those struggling with codependency just how narcissists actually view them. By reading their “play book”, codependents should be able to recognize covert abuse and avoid its pernicious effects.

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