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Stop Caretaking the Borderline or Narcissist: How to End the Drama and Get On with Life. People with Borderline or Narcissistic Personality Disorders have a serious mental illness that primarily affects their intimate, personal, and family relationships. Often they appear to be normally functioning at work and in public interactions, and Narcissists may even be highly effective, in the short term, in some work or social situations.

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Are you who are overly empathetic, self-sacrificing, generous, perfectionistic, deferential, more willing to put other's needs before your own, and uncomfortable with conflict? Then you are more vulnerable to being emotional caretaker, according to Margalis Fjelstad's new book, Stop Caretaking The Borderline/Narcissist In Your Life: Let Go Of Their Life And get a Life of Your Own (Rowman & Littlefield, Feb 2013).

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As a seasoned therapist, Margalis Fjelstad brings insight, compassion and good advice to people who have become

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~~care takers to a borderline or narcissist.~~ She shares techniques to neutralize crazy-making rules, set limits and boundaries, and stop the pattern of victim, persecutor and rescuer. Learn more about me and my services [HERE](#)

~~Margalis Fjelstad Therapy — Margalis Fjelstad's Therapy Site~~
Stop Caretaking the Borderline or Narcissist. : Margalis Fjelstad. Rowman & Littlefield Publishers, Feb 7, 2013 - Psychology - 190 pages. 4 Reviews. People with Borderline or Narcissistic...

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that if they could just find the right words, voice inflection,
or explanation, they could get the borderline or narcissist to
understand why their behavior is so distressing.

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