



# Divorcing a Narcissist: Advice from the Battlefield

By Tina Swithin

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## Divorcing a Narcissist: Advice from the Battlefield By Tina Swithin

Prior to stepping onto the battlefield with a Narcissist, it is imperative to know their playbook both forwards and backwards. The behavior of individuals with Narcissistic Personality Disorder generally defies logic but sadly, their tactics in the Family Court System often fool Judges, Commissioners, Attorneys, Minor's Counsel, Social Workers, Therapists and even trained Evaluators. Narcissists are the masters of manipulation and projection and are known to launch stealth assaults that will leave their victims in an utter state of confusion and desperation. Victims are often left shattered and without a voice because they feel that no one could possibly believe or understand what they are silently enduring. Author, Tina Swithin, understands what it's like to divorce a narcissist. Tina spent over four years on the battlefield of the Family Court System while acting as her own attorney in a desperate attempt to protect her two young daughters. While Tina's first book, *Divorcing a Narcissist: One Mom's Battle* details Tina's personal journey and court battle, her new book offers solid advice and sanity-saving wisdom for transforming from victim to survivor. Education is power and *Divorcing a Narcissist: Advice from the Battlefield* is your personal guide and resource for navigating through high-conflict divorce. Receive advice for every stage of the battle: • Leaving the Narcissist: Strategies and advice • Divorcing: Advice on attorneys, tactical moves, courtroom preparation, anxiety/PTSD, evaluations and more. • Narc Decoder: Learn to decode emails and communication. • Children: Sharing custody, sheltering children and breaking the cycle. • Life Beyond the Narcissist: Loving again, personal growth and healing. • Stories of Hope • Resources

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### **About the Author**

Tina Swithin survived a Category Five Divorce Hurricane and took shelter by writing her first book titled, “Divorcing a Narcissist: One Mom’s Battle” along with chronicling her journey on her internationally recognized blog, “One Mom’s Battle.” In 2009, Tina embarked on a hellish custody battle while acting as her own attorney and in 2013, Tina’s battle came to an end when she walked out of a courtroom with the one thing that she had dedicated her life to securing: her daughters’ safety. Through her blog, One Mom's Battle (OMB), Tina founded a grassroots movement and there are currently over 90 Chapters of OMB spread throughout five different countries. The goal of the movement is to raise awareness on personality disorders and their affect in the Family Court System. Tina Swithin has been awarded honors such as the “Top 20 Professionals Under 40” and the “Top 40 Professionals Under 40” in several regional California newspapers. Tina has appeared on shows such as “Dr. Carole’s Couch” with world-renown psychologist, Dr. Carole Lieberman, Huff Post LIVE, and on Candace Smyth’s North Star Series. Tina’s book and blog have been featured in outlets such as Glamour Magazine, SF Gate, Examiner, LA Parent Magazine, About.com, Yahoo, Huffington Post and the Washington Times. Her first book has garnered a 5-star rating with over 115 reviews on Amazon. In her spare time, Tina writes for the Huffington Post Divorce and HopeAfterDivorce.org where she delves into the tricky world of divorcing a narcissist.

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#### **Lavonne Ouellette:**

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#### **Nick McAllister:**

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