



Dear Daughter of a Narcissistic Mother: 100 Letters to Help you Recover and Thrive

Morrigan Danu

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Following on from the tremendously successful *You're Not Crazy – It's Your Mother* comes a second book by its author Danu Morrigan this time comprising 100 letters written by the author to daughters of narcissistic mothers (DoNMs) offering advice, encouragement and coping techniques. The result is a self-help guidebook for DoNMs that acts as a route-map, guide and even friend on the journey to full healing and thriving.

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