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EMPOWERMENT



## Dr. Gary Bell's **ABSURD PSYCHOLOGY** Taking Insanity to the Woodshed

**Dr. Gary Bell**  
*Marriage Family Therapist*



**Dr. Gary Bell's Absurd Psychology**  
Tuesday at 11 AM Pacific  
**November 9th 2021: Emerging from Narcissistic Parents**

When it comes to narcissism, there is a spectrum of severity. While many people have narcissistic traits, some people have personalities that are highly narcissistic. Others have full blown narcissistic personality disorder. It's well known that narcissistic exposure can damage an adult badly enough. But the traumatizing effects of being raised by a narcissist leaves psychic scars which drive many into therapy later in life. These scars can be thought of as common traits of children with narcissistic parents. Every parent-child relationship involves some amount of occasional conflict, stress and

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