

ABOUT THE BOOK

This book is dedicated to readers who like adventure in the world of imagination twisted with reality of mental health. The book aims at demystifying Diagnostic Statistical Manual Edition 5 (DSMV) on dark triad traits. **FRIENDS FROM HELL** by Gathoni Ndungu makes it easy for all readers of all walks of life to understand narcissistic personality disorder. It is rich with inclusivity of worldview and Afrocentric approach that makes it possible for the reader to identify with characters in the book who are struggling with self awareness, journey to healing from toxic relationships, manipulation, struggles, intrigues and pursuit to self determination. In it are stories rich with humor, metaphors, illustrative pictures that enhance vivid imagination. Ordinary life, work place environment, leadership to religious and political world are well covered. And also tips on how to handle and heal from toxic relationships and environment are well explored.

ABOUT THE AUTHOR



Gathoni Ndungu is an accredited counseling psychologist with extensive experience. She has worked at Moi University, the Refugee Consortium of Kenya, and in the children's sector, among other places. Currently, she practices as a counseling psychologist and is a PhD student at Daystar University, pursuing clinical psychology.

She is a mental health activist, a natural storyteller, lecturer, motivational speaker, mentor, and social entrepreneur.

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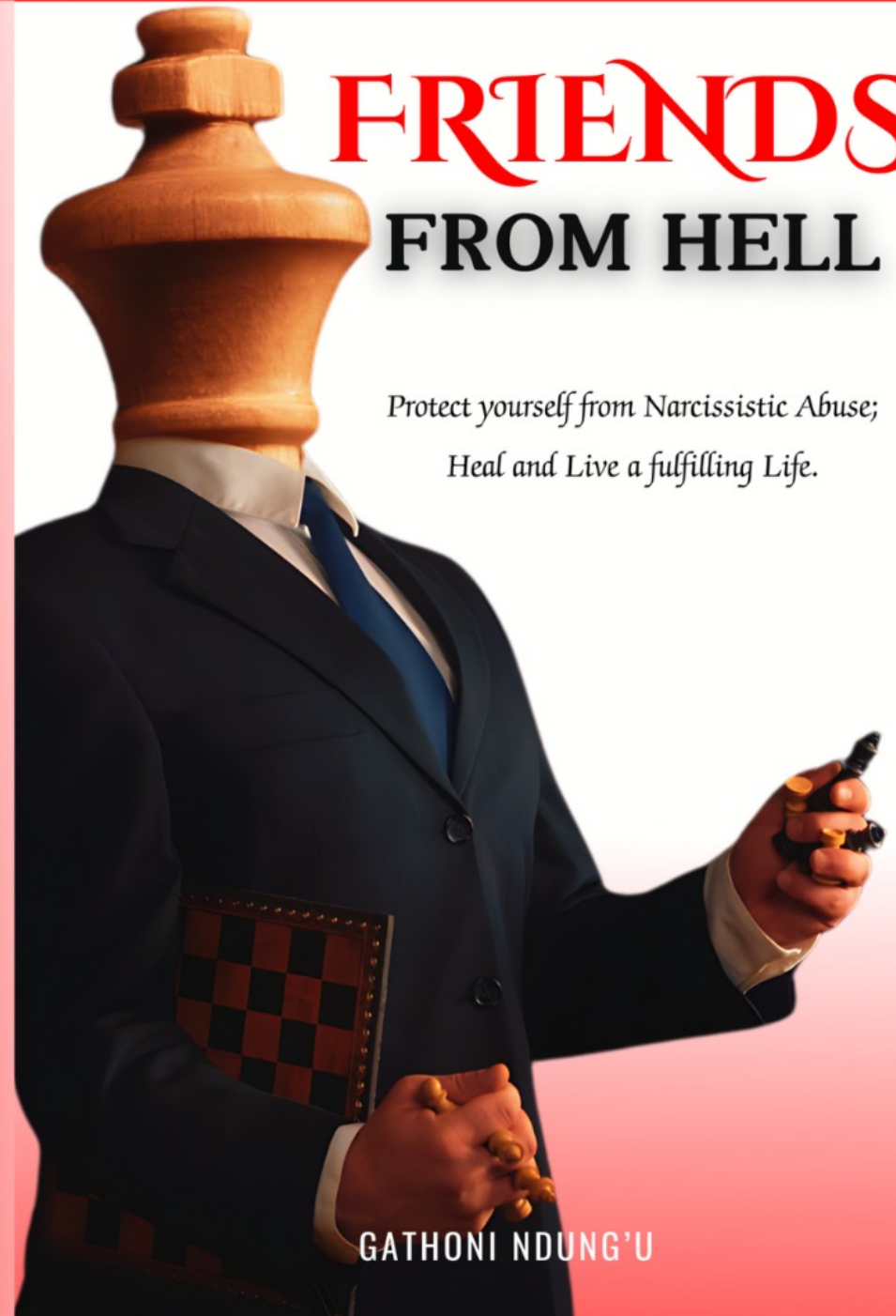
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FRIENDS FROM HELL

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FRIENDS FROM HELL

*Protect yourself from Narcissistic Abuse;
Heal and Live a fulfilling Life.*



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