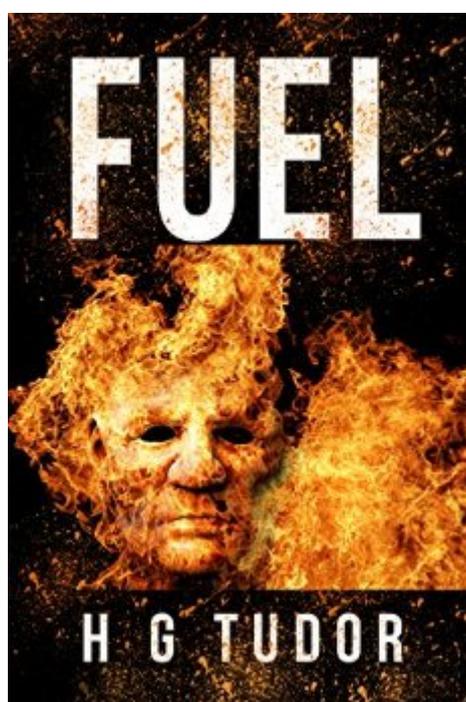


The book was found

# Fuel



## Synopsis

Are you involved with someone whose behaviour makes no sense to you? Does this person treat you with kindness one moment and spiteful hatred the next? Does this individual flirt with others despite being in a relationship with you? Is he or she boastful, arrogant and always fishing for compliments? Does this person seem to revel in provoking other people, angering them or upsetting them, yet you cannot work out why this person acts in this way? The answers lie in this book. The driving force behind these strange and upsetting behaviours all comes down to fuel. Read about what fuel is, how it makes that person feel, why they need it, how they get it and what your role is in supplying them with fuel. Learn all about fuel and you will question his or her behaviour no longer and you will be armed with information to do something about it and protect yourself and those you care about.

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## Customer Reviews

Fuel...or just plain old energy or attention...is what you supply to the narcissist monster to keep them going. Work out ways to get yourself out of the way. Forget trying to 'fix the relationship

problems'...that would work with another empath..but not with these tortured beasts whose only interest is self preservation at any cost...usually yours.If empaths realised they are just a fly caught in a spiderweb it would be easier. They have been deceived by someone who just wants to steal their energy any way they can.Your life energy was given to YOU to use and enjoy and do good. Not for someone else to pinch and leave you a mere shell of your former self.It is hard but, realising the whole dance has nothing to do with you...except you were born a nice person and want to help/please/do 'the right thing' which actually marks you as a potential target for them...will help you realise it has nothing to do with you yet also has everything to do with you.You are not helpless. Once you get through the fog of 'what is happening to me/what just happened to me' and you want to understand the perpetrators and what drives them, read the books by this author and enter his strange world and see if what he says resonates with the behaviour of the narcissist who attacked you.If you are lucky you will...once you get away or as you plan for your escape...feel like the gazelle that got a mauling ...but got away from the marauding lion.

I never understood before. My mother's whole family is a nest of narcissists. It was tough growing up. I'm nothing like them, I take after my father's side of the family. It was so bizarre. It was like they (figuratively) liked to "bathe in people's blood". I just could not, for the life of me, figure out why someone would want to. I mean, come on already. How can they possibly WANT to hurt someone? To slice and dice and just cut somebody to pieces. I simply could not ignore the evidence of my own eyes, but it all seemed so unreal. I was just a child, I was innocent and helpless. They were so vicious, they spat venom, they bit and snarled and ripped and ground and stomped and kicked and screamed and slashed and growled and spat and glared and howled and scratched and punched and slapped and flung and smacked and would not stop and blamed everyone else and loved every minute, every second of it. Their eyes would shine, their cheeks and foreheads were so, so pink, they would, I don't even know what you would call it, they would giggle-snarl. (It was decidedly an unpleasant thing to hear.) They... drooled. You knew when they were going to start in, because they would start drooling. Just a little bit, in the corner. Drool. I started understanding a little bit when that song came out when I was a teenager, "Anticipation". Whenever I see someone drooling, or unfairly jumping all over someone, I can still hear that song. I never liked that song. I stopped liking ketchup for years because of that song.Thanks for this book. I am understanding for the first time what motivates this impossible behavior. It's still ugly as sin, but I'm gleaning a bit of why, which I just never had before. Thanks.

HG TUDOR makes the abstract concept of narcissistic supply (NS) understandable, real, and worrisome....the term NS gets used a lot. This book in his series on narcissism identifies the key motivator for narcissistic exploits/exploitation in a way that is concrete and real. Also disturbing and scary.

Fuel is "spot on" with what narcissists do and why they act like they do. Written by a narcissist, it gives great insight as to why and what goes on in their devious minds. I found it so in tune with my own experiences. It's amazing how you know they are up to no good, but once you read why and what they are thinking, it's a real revelation. Thanks to the author for sharing his world. Having been in a "relationship" (if there is such a thing with a narc) with a narcissist for 6 years I have to say this book is very enlightening and again it details situations very much like ones I had with my narcissistic boyfriend and now I know why he did the things he did and even more importantly what he gained from it. I had several "wow" moments while reading this Fuel and I found it extremely interesting. This is a must read if you have been involved with one of these individuals and you are the least bit curious what makes them tick or, even worse, how the negative emotions they evoked in you were giving them the most benefit! Our suffering is their best fuel! Read Fuel and don't be their fuel!

I've been voraciously reading books from this author. The insight into the mind of a narcissist is jarring and hard to reconcile for most healthy minded individuals, but it is necessary to gain this knowledge for our own protection. Fuel describes how narcissists live their day to day lives accumulating fuel from their supply(which is us.) This book also delves into why they are so obsessed with living this way and why their addiction to power keeps them from being able to stop. Sadly, there are some people that are truly beyond saving. HG Tudor continues to use his powers for good in helping us identify these individuals, understand how they work, escape them if we're entangled with one, and ultimately avoid becoming a victim in the first place. I highly recommend any book from this author to anyone who is suffering from dealings with a narcissist.

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