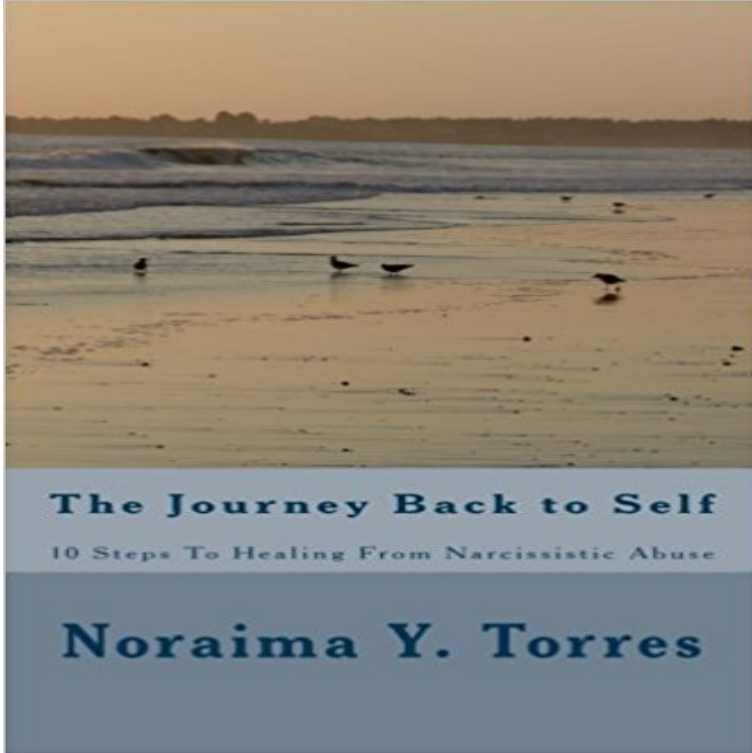


# 10 Steps to Healing after Narcissistic Abuse



There is a form of abuse that is invisible to the normal everyday eye. This form of abuse is one of the most damaging and toxic. It shakes you to your very core and leaves you wondering if it is your fault or if you are crazy. Narcissistic abuse is one of the most horrific experiences you will ever encounter in your lifetime. But there is hope after this abuse. I wanted to share with you my own recovery journey and 10 steps to healing that have changed my life and I hope that they will help you in recovering from your own abusive relationship. You no longer need to feel alone. There is a life of peace and joy on the other side. This book serves as a starting point to begin your own recovery journey. Narcissistic abuse leaves deep and profound scars but we can use this as a starting point to find our true selves and with that power we can recover.

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