

# whole --- again

**HEALING YOUR HEART and  
REDISCOVERING YOUR TRUE SELF  
AFTER TOXIC RELATIONSHIPS  
and EMOTIONAL ABUSE**

**Jackson MacKenzie**  
AUTHOR OF *Psychopath Free*

Foreword by Shannon Thomas, LCSW, author of *Healing from Hidden Abuse*

Jackson MacKenzie

## Whole Again: Healing Your Heart and Rediscovering Your True Self After Toxic Relationships and Emotional Abuse



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From a leading voice on dealing with toxic associations, a deeply insightful guide to getting back again to your "old self" again--in order to seriously heal and move on. Through his close function with--and deep connection to--thousands of survivors of abusive relationships Jackson found that most survivors have symptoms of trauma long after the relationship has ended. His first book, offers wish and multiple strategies to anyone who has survived a toxic relationship, along with anyone suffering the effects of a breakup involving lying, cheating and other styles of abuse--to release aged wounds and safely let the love back inside where it belongs. Jackson MacKenzie has helped millions of people in their struggle to understand the experience of toxic associations. These range from emotions of numbness and emptiness to depression, perfectionism, substance abuse, and much more. But he's also found that it is possible to sort out these symptoms and find like on the other side, which book shows how. In this highly anticipated new book, he guides readers on how to proceed next--how to totally heal from abuse and discover like and acceptance for the personal and others. This book addresses and provides crucial guidance on topics and conditions like: complex PTSD, Narcissistic abuse, Avoidant Personality Disorder, Codependency, Core wounding, toxic shame, Borderline Personality Disorder, and many more. Through a practice of mindfulness, introspection, and exercises using specific tools, readers learn to identify the protecting self they've created - and uncover the core self, in order to finally move to live a full and authentic life--to once more feel light, free, and whole, and ready to love again. Entire Again Psychopath Free, explained how exactly to identify and survive the immediate circumstance.



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