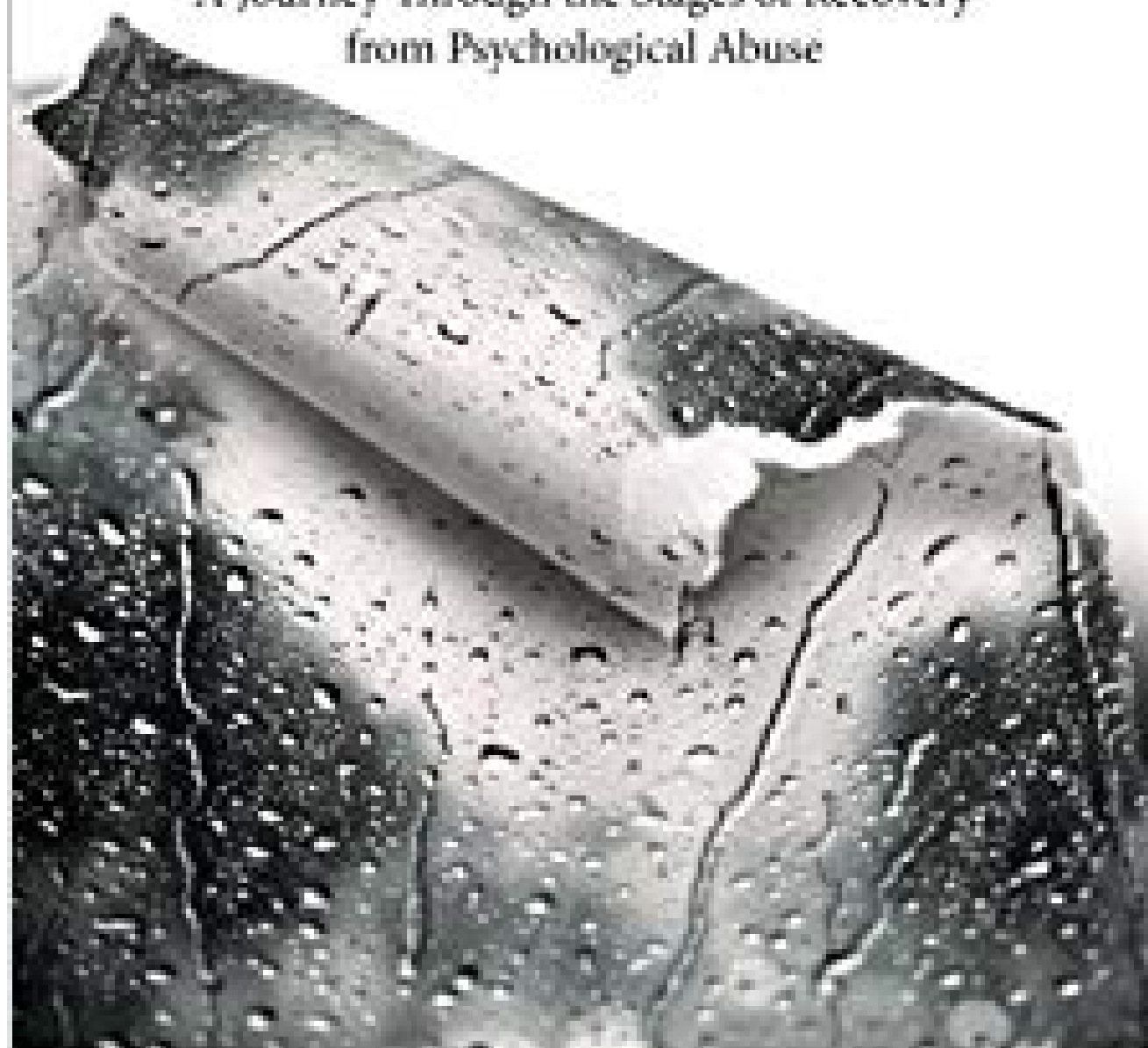


SHANNON THOMAS, LCSW

Healing from Hidden Abuse

A Journey Through the Stages of Recovery
from Psychological Abuse



Shannon Thomas LCSW

Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse



[continue reading](#)

THE VERY BEST Psychological Abuse Book. That is by far among the best books that I've read on the topic of psychological abuse. This publication happened to land in my own hands at a crucial time. I needed something that could help me through this journey most of all I needed someone to tell me what I acquired walked through had not been my fault or that I was crazy. I am in a psychologically abusive marriage where I am now going right through a divorce. I also required a bigger understanding in what I was dealing with. Excellent product The best read on emotional abuse, just what I needed to have around at this time in my life. The chapter titled "THE FUNDAMENTALS of Psychological Misuse introduces what this kind of abuse is really about and who will be the abusers. The authors allows us to know that is is normally a "stereotype that only men are narcissists, sociopath or psychopath. righteousness, which managed to get especially difficult to find support in the religious community in which we both belonged. The writer states "The person who was designed to be the safe harbor in existence is in fact silently drowning them. Because this reserve wasn't particularly about the parent narcissist, I wasn't sure I'd buy it." This was very meaningful if you ask me because I was drowning in the waters of psychological abused inflicted by my husband yet the assumption by others was that I had a good husband.. This publication contains so many healing and enlightening points too many for me personally to even list here. It truly is a choice to end up being an abuser, and, yes, they are aware of what they do. The author is very clear. You don't do the items a narcissist does unintentionally. All battered ladies shelters must have copies of this reserve. During my stay static in one after I left my husband I saw that lots of women there have been baffled incidentally abusers got treated and made them feel . These were made to experience crazy because no-one could see the actual scars or bruises. I am thankful for this piece of work a healing manual and education for the masses. I received a sophisticated copy of the book for a genuine review. Child of a narcissist... I have been on a journey of discovery for a few months today by finally realizing my mom is a narcissist. I've read so many books on the subject, and Healing from Hidden Abuse is by far the best. When I first discovered the reserve, I was looking even more for just one from the perspective of a mom/daughter relationship however, not a partner. I had go through others from that perspective and prevented some that were specifically referring to romantic relationships. That is done right in plain view. it's only a lot to process. She even stated what I had already told my husband--no two books have got the same info, and you have to just learn what you can from each. It was such a great read from the very first chapter to the end. As the writer states, "They in fact know better than anyone the lies they inform, the video games they play, and the enjoyment they derive from controlling others." This is exactly what I needed to listen to and believe, and it's been important to my healing. Good to learn I'm not alone This book has been so helpful for me after years of mental abuse from my narcissistic sociopath husband. I was left wondering 'how'. How could I feel badly towards someone also probably wounded in childhood? Shannon Thomas answered those questions in her book. Would love to have the ability to purchase in the CD format An excellent, although hard read. How specifically are they still responsible for their actions if they can't in fact control their actions? The author also took me on a trip through the six stages of recovery from hidden abuse which are the following: despair, education, awakening, boundaries, restoration and maintenance.. I am a case manger and qualified mental health specialist and I'd admonish professional to learn this as well. That's why there are books explaining their techniques because there are particular tactics that they make use of! They absolutely know what they are performing. I've already read through this publication twice and have highlighted many quotes to return to for quick reminders. I've found myself sharing more info from this

book with others who know I'm upon this journey than any other reserve I've read. Highly recommend! Helpful resource in understanding toxic relationships Psychological abuse is concealed, insidious, and its really effects are true. I was in a romantic relationship for only 9 a few months, so I thought something must surely be incorrect with me, when a few months later, actually after I'd forgiven him, I still struggled with self doubt as I attempted to "move on".. abused," In this chapter of the publication where the author talks about person abusers where "The Toxic love interest or spouse "was very impactful for me personally. Then someone recommended this book and all the missing pieces started to fall into place as I learned about the phases of a toxic relationship: idealization, devaluation, & discard, and about the meaning and need for words such as: like bombing, gaslighting, projection, triangulation, smear campaigns, hoovering, silent treatment, and flying monkeys.. It was validating, and for that reason healing, to finally realize why I felt so traumatized,... to understand why it was difficult to "just let it go", as well intentioned friends had advised,... to give myself permission to feel the pain, and grieve the loss of a thing that was never actual,. I felt shame for not really being strong more than enough or smart more than enough to have avoided the emotional damage. Shannon has provided only a great resource and device as I am a recently available mental wellness counselor graduate! to admit to myself that I have been deceived & He was very successful at portraying a fake picture of piety & This publication has validated the pain and lack of understanding that I have faced.. also to give myself enough time to heal. I recommend this publication to anyone struggling to recuperate from an emotionally destructive romantic relationship, or even to those who wish for more information about psychological abuse. Such an excellent read! I paid attention to this audible 3 times!The biggest takeaway for me personally was reading that psychological abusers attempt to trick people, know just what they do, in fact it is a choice to be an abuser.. They weren't linking the dots, and I was remaining feeling guilty (a common trait for a child of a narcissist).. Without exception, they all accurately described, at length, what I had been through. I admonish everyone who is coping with this type of abuse to understand this book and gift it aswell.. That explanation suits with my childhood encounter, as everything was constantly extremely calculated. The introduction experienced me hooked!.. All the books I read before would get into such detail about how the abusers were injured in childhood and couldn't help their activities, and just some would briefly talk about that they were still in charge of their actions. It's etc point almost as though I could have written it myself Cuteness in just a little vase makes a burst of color Love them Helpful to those who need it A part of a healing direction. Five Stars so needed, must read Might have saved my entire life This book was a light at night for me personally. This book has become a healing balm upon this trip of mine to healing and wholeness. Certainly a book to learn multiple times.



[continue reading](#)

download Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse pdf

download Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse txt

[download free Mama Peaches Hot Slices of Wisdom: Mama's Timeless Truths, and My Timely Caregiving Knowledge \(Mama Peaches Caregiving Series\) \(Volume 2\) e-book](#)

[download From Muck to Magnificence: How Cleaning Horse Stalls Can Lead to an Astonishing Life epub](#)

[download Adventures with Jodi: How one girl stopped Migraines and Chronic Pain and accidentally improved her family's health! pdf](#)