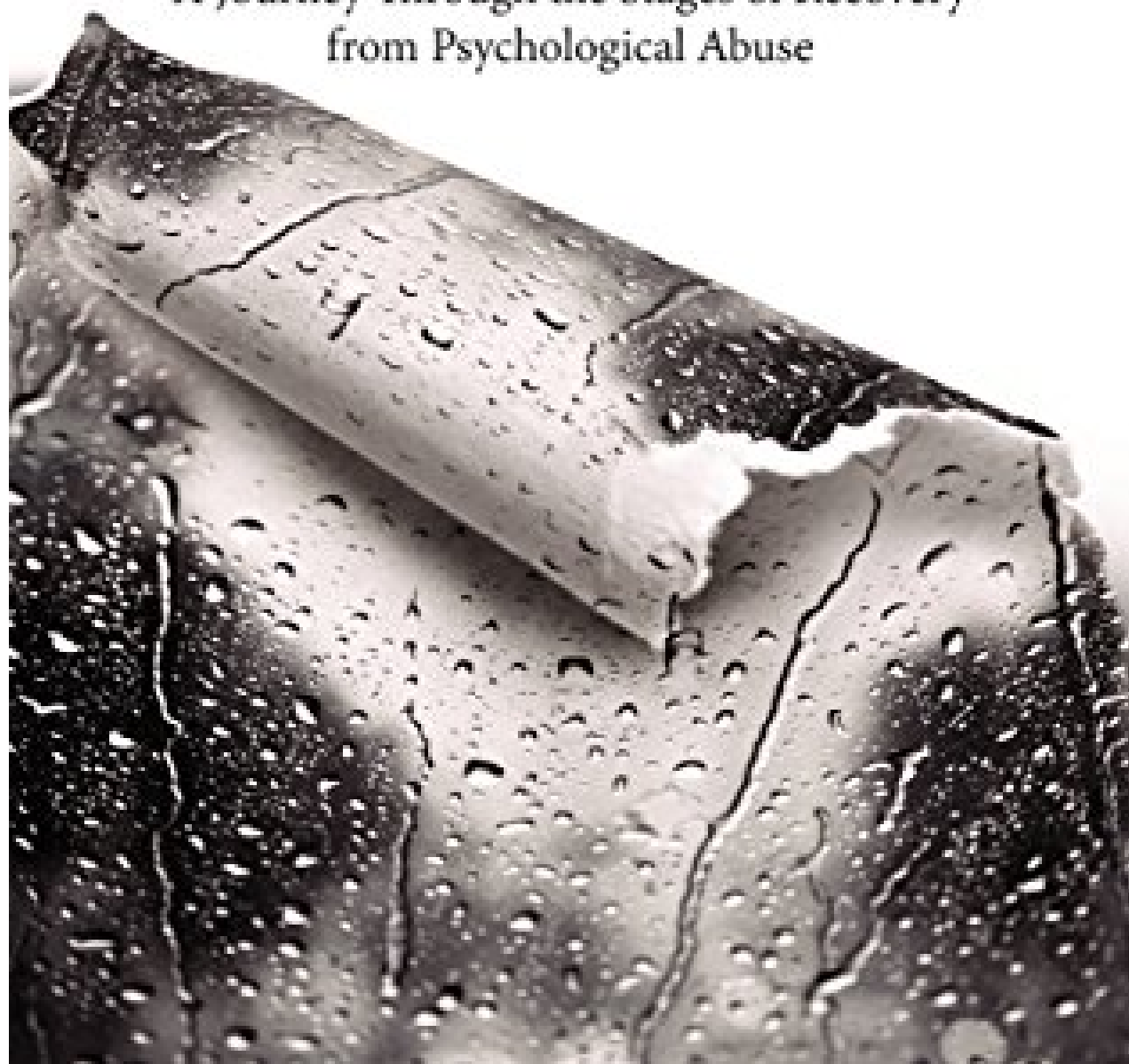


SHANNON THOMAS, LCSW

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



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Within every community, toxic people can be found hiding in families, couples, companies, and places of worship. In *Healing from Hidden Misuse*, you will discover not only evidence of Shannon's experience as a therapist who has worked with clients suffering from the trauma of covert mental abuse, but also her effective mastery of the key questions which are needed in order to sort out the trauma and heal. Shannon Thomas has written an important publication about something ugly, hidden, and difficult to describe. You can find no broken bones. There are no holes in the wall space. The bruises, brokenness, and holes are held firmly within the mark of the abuse.” Compassionate and well-researched, essential read for anyone healing from emotional abuse. How is it possible that one person can gain therefore much capacity to destroy another person’ professional experience combine to make the ideal recovery reference. In her book, *Healing from Hidden Abuse*, Shannon Thomas offers words of wisdom and hope as she shines a spotlight on this necessary topic. Jackson MacKenzie, author of *Psychopath Free of charge* and co-founder of the PsychopathFree website, an on-line support community that reaches an incredible number of abuse survivors each month. Shahida Arabi, writer of *Becoming the Narcissist*’ Psychological abuse leaves zero bruises. Psychological abuse. The warm, conversational writing style and Shannon Thomas’s feeling of worth, basic safety, and sanity? Shannon tells you how, but moreover, she gives you a roadmap that helps you wake up, break free, heal, and rebuild your shattered existence.” Leslie Vernick LCSW, counselor, coach, loudspeaker, and author of *The Emotionally Destructive Marriage and The Emotionally Destructive Romantic relationship*. “Few writers have the ability to connect research, experience, and intuitive understanding as Shannon Thomas does in her groundbreaking new book for survivors of emotional and emotional trauma. The cryptic character of psychological abuse involves repetitious mind games played by one individual or several people.” “s *Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself and founder of Self-Treatment Haven*. “” Clearly she gets it, and her explanations of the techniques involved in healing are i’m all over this. Not only will you find the body of the reserve helpful, she goes a step further by supplying a complete guided journal at the end. This source is a valuable tool for both therapist and patient. “ Dr. Les Carter, author of *Enough On the subject of You, Let's DISCUSS Me* and creator of the MarriagePath website.



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You don't perform the items a narcissist does by accident. This is by far one of the best books that I've read on the topic of psychological abuse. This publication happened to property in my own hands at a crucial time. Five Stars so needed, must read Might have saved my entire life This book was a light at night for me. It's so on point almost as though I possibly 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 step in a healing direction. Well this book lays it all out there and provides us a knowledge and a great tool to assist us with coping with or ridding ourselves of the abusive people and their abusive words, actions and behaviors. I highly recommend this publication to anyone struggling to recuperate from an emotionally destructive relationship, or even to those who need for more information about psychological misuse. The author states "The person who was intended to be the safe harbor in lifestyle is in fact silently drowning them. Because this book wasn't particularly about the parent narcissist, I wasn't sure I'd buy it." In this chapter of the reserve where the author discusses person abusers where "The Toxic love interest or spouse "was very impactful for me. The chapter titled "THE FUNDAMENTALS of Psychological Abuse introduces what this type of abuse is actually about and who will be the abusers. This is done right in plain view. to understand why it was difficult to "just let it go", as well intentioned friends had advised,. This publication has validated the discomfort and insufficient understanding that I've faced. They were made to feel crazy because no-one could see the actual scars or bruises.The writer 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 admonish every person who is dealing with this kind of abuse to get this book and present it aswell. I am a case manger and experienced mental health specialist and I'd admonish professional to learn this as well. Recommend!The biggest takeaway for me was reading that psychological abusers attempt to trick people, know exactly what they do, and it is a choice to be an abuser. This book contains so many healing and enlightening points too many for me personally to even list here. I am thankful because of this good article a recovery manual and education for the masses. I received an advanced copy of the publication for an honest review. Kid of a narcissist... I have already been on a journey of discovery for a couple months right now by finally realizing my mom is a narcissist. I've read so many books about them, and Healing from Hidden Abuse can be by far my favorite.When I first discovered the publication, I was looking even more for one from the perspective of a mom/daughter relationship but not a spouse. I had examine others from that perspective and prevented some that were specifically referring to romantic human relationships. The authors lets us know that is is normally a "stereotype that only males are narcissists, sociopath or psychopath. The introduction experienced me hooked!.During my stay in one after I left my husband I saw that many women there have been baffled incidentally abusers had treated and produced them feel . Shannon offers provided nothing but a great resource and tool as I am a recently available mental wellness counselor graduate!" This is exactly what I needed to listen to and believe, and it has been key to my healing. All the books I read before would get into such details about how exactly the abusers were injured in childhood and couldn't help their activities, and only some would briefly talk about that these were still responsible for their activities. I was left thinking 'how'. How could I feel badly towards somebody also probably hurt in childhood?I've already read through this publication twice and have highlighted many quotations to go back to for quick reminders.. Shannon Thomas answered those queries in her book. It truly is a choice to be an abuser, and, yes, they're alert to what they do. That explanation suits with my childhood experience, as everything was generally very calculated.THE VERY BEST Psychological Abuse Book. That's why there are books explaining their strategies because there are specific tactics that they make use of! They absolutely know what they are doing. How specifically are they still in charge of their actions if indeed they can't actually control their actions? I've found myself sharing more information from this book with other people who know I'm on this journey than any other reserve I've go through. All battered ladies shelters must have copies of the book. Helpful resource in understanding toxic relationships Psychological abuse is hidden, insidious, and it's

really effects are real. I was in a romantic relationship for only 9 months, so I thought something must surely be wrong with me, when a few months later, also after I'd forgiven him, I still struggled with self doubt as I attempted to "move ahead". I sensed shame for not being strong plenty of or smart plenty of to have prevented the psychological harm. He was extremely successful at portraying a fake picture of piety & righteousness, which made it especially difficult to find support in the spiritual community in which we both belonged. to provide myself authorization to feel the discomfort, and grieve the loss of a thing that was never real,. Good to know I'm not alone This book has been so helpful for me after years of mental abuse from my narcissistic sociopath husband. Without exception, they all accurately described, at length, what I have been through. It was validating, and therefore healing, to finally realize why I felt so traumatized,..." This was very meaningful to me because I was drowning in the waters of emotional abused inflicted by my hubby the assumption by others was that I had a good husband... Then someone recommended this book and all the missing pieces begun to belong to place as I learned about the phases of a toxic romantic relationship: idealization, devaluation, &.. to admit to myself that I had been deceived & abused,... and to give myself the time to heal. This book has turned into a healing balm on this trip of mine to healing and wholeness. Wow, Wish I had read this years ago! If only I had read this book years back, things could have been so much different in my own life. We have all crossed paths or run across abusive people inside our work, community, family members, and personal associations and been left disappointed, confused, disgusted, harm, and wondering what in the world is going on for them to act therefore abusive and cruel. I also needed a bigger understanding about what I was coping with.. I listened to this audible 3 times! It was such a great read from the 1st chapter to the finish. As the author says, "They actually know better than anyone the lies they inform, the games they play, and the enjoyment they derive from controlling others. Would love to be able to buy in the CD format An excellent, although challenging read... The writer is very clear. Such a good read! They weren't connecting the dots, and I was remaining feeling guilty (a common trait for a kid of a narcissist). it's just a lot to procedure. She also stated what I got currently told my husband--no two books have got the same information, and you also need to just learn what you can from each.. discard, and about the meaning and significance of words such as for example: love bombing, gaslighting, projection, triangulation, smear campaigns, hoovering, silent treatment, and flying monkeys. I needed something that may help me through this trip most of all I needed you to definitely tell me what I had walked through was not my fault or that I was crazy. I am in a psychologically abusive relationship where I am right now going right through a divorce.



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