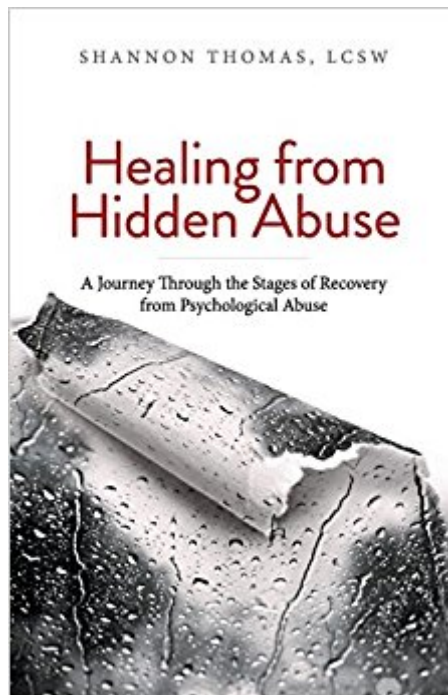


The book was found

Healing From Hidden Abuse: A Journey Through The Stages Of Recovery From Psychological Abuse



Synopsis

Within every community, toxic people can be found hiding in families, couples, companies, and places of worship. The cryptic nature of psychological abuse involves repetitious mind games played by one individual or a group of people. Psychological abuse leaves no bruises. There are no broken bones. There are no holes in the walls. The bruises, brokenness, and holes are held tightly within the target of the abuse. A guided Personal Reflections journal is included in the back of the book to help the reader go deeper in their application of the six stages of recovery. The journal can be used individually, in a small group setting, or with a therapist.Â Â

Book Information

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Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (70 customer reviews)

Best Sellers Rank: #7,048 in Books (See Top 100 in Books) #18 inÂ Books > Self-Help > Abuse

Customer Reviews

This is by far one of the best books that I have read on the topic of psychological abuse. This book happened to land in my hands at a crucial time. I am in a psychologically abusive marriage where I am now going through a divorce. I needed something that could help me through this journey most of all I needed someone to tell me what I had walked through was not my fault or that I was crazy. I also needed a bigger understanding about what I was dealing with. This book has become a healing balm on this journey of mine to healing and wholeness. The chapter titled "The Basics of Psychological Abuse" introduces what this type of abuse is really about and who are the abusers. The authors let us know that it is a "stereotype that only men are narcissists, sociopaths or psychopaths." In this chapter of the book where the author talks about individual abusers where "The Toxic love interest or spouse" was very impactful for me. The author states "The person who was intended to be the safe harbor in life is actually silently drowning them. This is done right in plain sight." This was very meaningful to me because I was drowning in the waters of psychological abuse inflicted by my husband yet the assumption by others was that I had a good husband. This

book has validated the pain and lack of understanding that I have faced. This book contains so many healing and enlightening points too many for me to even list here. The author also took me on a journey through the six stages of recovery from hidden abuse which are as follows: despair, education, awakening, boundaries, restoration and maintenance. I admonish every person who is dealing with this type of abuse to get this book and gift it as well.

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