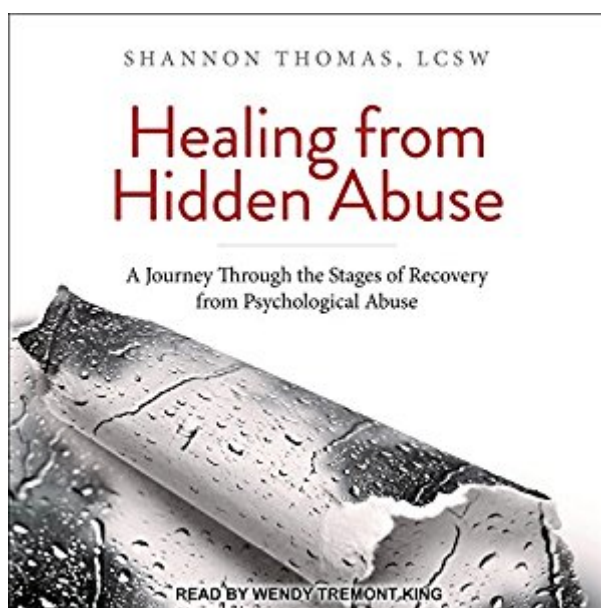


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# Healing From Hidden Abuse: A Journey Through The Stages Of Recovery From Psychological Abuse



## 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.

## Book Information

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Disorders #20 in Books > Self-Help > Abuse #121 in Books > Audible Audiobooks >

Health, Mind & Body > Psychology

## 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 lets us know that is is a "stereotype that only men are narcissists, sociopath or psychopath." 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

abused 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. I am a case manager and qualified mental health specialist and I would admonish professional to read this as well. All battered women shelters should have copies of this book. During my stay in one after I left my husband I saw that many women there were baffled by the way abusers had treated and made them feel. They were made to feel 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 an advanced copy of the book for an honest review.

Psychological abuse is hidden, insidious, and its effects are real. I was in a relationship for only 9 months, so I thought something must surely be wrong with me, when months later, even after I'd forgiven him, I still struggled with self doubt as I tried to "move on". I felt shame for not being strong enough or smart enough to have prevented the emotional harm. He was very successful at portraying a false image of piety & righteousness, which made it especially difficult to find support in the religious community in which we both belonged. Then someone recommended this book and all the missing pieces began to fall into place as I learned about the phases of a toxic relationship: idealization, devaluation, & discard, and about the meaning and significance of words such as: love bombing, gaslighting, projection, triangulation, smear campaigns, hoovering, silent treatment, and flying monkeys. Without exception, they all accurately described, in detail, what I had been through. It was validating, and therefore 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 something that was never real,... to admit to myself that I had been deceived & abused,... and to give myself the time to heal. I highly recommend this book to anyone struggling to recover from an emotionally destructive relationship, or to those who want to learn more about psychological abuse.

Exceptional. Insightful and Empathetic Resource for those who have gone through abuse. I've read a LOT of books on recovery, healing and narcissism and this has been one of the most profound and significant in my journey so far. After a lifetime of living with abuse (first in my family of origin,

then in my marriage) I had to suppress so much of what my spirit and soul knew was true in order to survive in these relationships. Since becoming free from abuse it has been a difficult and confusing process to unpack and untangle the web of lies, smear campaigns, and deception, and I am so grateful to Shannon Thomas for writing this book. The way Shannon writes and understands abuse is the way I wish my friends had been able to support me, and I appreciate her therapeutic and personal experience in dealing with toxic personalities. The book is validating, affirming, and packed with a wealth of wisdom that has obviously been hard earned. It's clear that Shannon's knowledge is not theoretical, but from experience. If you are looking to read ANY books on abuse and toxic personalities this one is an absolute one click order and a staple. Thank you Shannon...

I recently bought this book; having gone through years of abuse from a marriage with an abuser. I didn't know until I began buying and reading books about psychopaths that much of what I suffered from him WAS psychological abuse..I am still healing from this and I've been divorced a long time. It IS hidden, I kept quiet about what was going on; I was sure NO ONE would believe me if I had told them. And I felt powerless and helpless to do anything about it. All this is addressed in layman's terms; books like this are a BIG help. I am SO glad I found this book.

While walking through recovery of this type of abuse, reading this book has been tremendously insightful, reassuring and confirming. Shannon is straightforward, using real life examples to explain the complexity of this insidious abuse. I HIGHLY recommend this book be in every home, on every church desk, and in every workplace.

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