



The Journey: A Roadmap for Self-healing After Narcissistic Abuse

Meredith Miller

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There is currently a silent pandemic leaving millions of people feeling alone and confused, struggling to escape the self-doubt, fear and so many unanswered questions. Invisible abuse is rarely talked about because of how hard it is to pin-point, even by mental health professionals. Fortunately, there is a growing wealth of information available, particularly around the term narcissistic abuse. After discovering the keywords and digging for answers, the next step is what to do about it now. It's important to understand that leaving the abusive person and educating yourself about the abuse is not the same as healing. This discovery is the actually start of the journey of self-healing after narcissistic abuse.

THE JOURNEY is a roadmap out of the suffering and struggle after narcissistic abuse. It is a comprehensive, holistic outline of the recovery process so you can measure where you are and where you want to go in the journey of self-healing. If you want to change anything in life, you're going to need to measure it somehow. This structure will help you get to the next level and keep moving forward out of the gravity of the past so you can create a life of peace, joy, meaning and purpose.

The Journey: A Roadmap for Self-healing After Narcissistic Abuse Details

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Traceylee says

Why

It i take you step by step on your recovery and you will be able to realize how far you are in the book

Candy Morrigan says

Essential reading for anybody healing and moving forward after narcissist abuse. It's a roadmap out, shining a light on the path of hope. From being beaten down with lies and manipulation here is the road to declaring that is not my reality! It holds up the truth that there is a way to trust ourselves again and live without fear. Thank you Meredith for this book x
