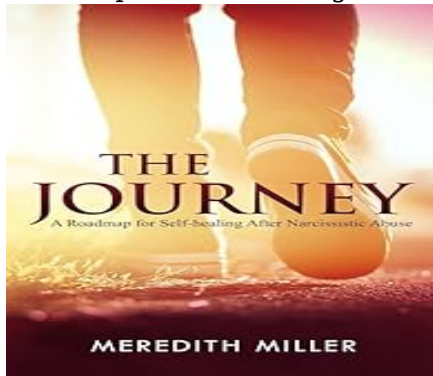


The Journey: A Roadmap for Self-healing After Narcissistic Abuse By Meredith Miller
The Journey: A Roadmap for Self-healing After Narcissistic Abuse



This book explains how to overcome narcissistic abuse and the different stages of recovery that a person will go through. I would highly recommend this book to anyone who is still trying to figure their way out of this type of abuse and also to those who have now come out the other side of it but are still searching for validation. You get all the benefit of her experience.

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. 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 it is reassuring to learn that the experiences you had and pain you went through was not unique to just you. She is one of the few outthere that focuses on moving on from abuse and she practices what she preaches! Her book is well informed and I particularly enjoyed the parts that she talks about her life. It is well written it has good examples of the author's experiences (so that you know you are not the only one making mistakes) it makes you feel human and powerful at the same time. You know that feeling when you are asking the universe for guidance and for signs? This book was that guidance for me and this review could be a sign this book is for you. It is one of the few books that focuses on overcoming the abuse rather than explaining how it is perpetrated as most books do, The author has a perfect understanding of how narcissistic abuse plays out and the steps necessary to overcome the pain and start thriving again in life. It is divided into 3 main phases and each section details what you will be feeling/thinking/going through at every stage of healing, The author is uncannily accurate in her analysis of the abuse and what is needed to overcome it, The book is incredibly validating; as someone who has personally experienced narcissistic abuse.

Which was comforting. It confirms that the decisions you made intuitively were correct and warranted. The book is a must read for anyone who has ever had the misfortune of dealing with a narcissist: Once I started I could not put it down and finished it in a couple of days: The information is life changing if you implement what the author suggests you simply cannot fail! 190 pages Two thirds through the book: She is brilliant at explaining her thoughts feelings and all the hallmarks of healing. First saw her you tube vids and wanted to spend time reading this. 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. I personally could relate to so many points/stages in this book knowledge and inspiration. A must if you need to heal after a narcissist has wrecked your life: Much hyped in reviews I read; I have many books on this subject and have been working with this subject for a long time. I applaud the honesty but I didn't think much of it as a book or a

roadmap for recovery: 190 pages This book helped me to make sense of what happened to me to discover in which phase of a journey I currently am what awaits me[1]

Meaning and purpose. Meredith really knows what she is talking about. 190 pages I love Meredith's attitude towards this subject. I could relate. Thanks! 190 pages Frankly I was disappointed with this. It felt like a rambling diary with no real content. Thank you Meredith your book has helped me a lot. 190 pages.