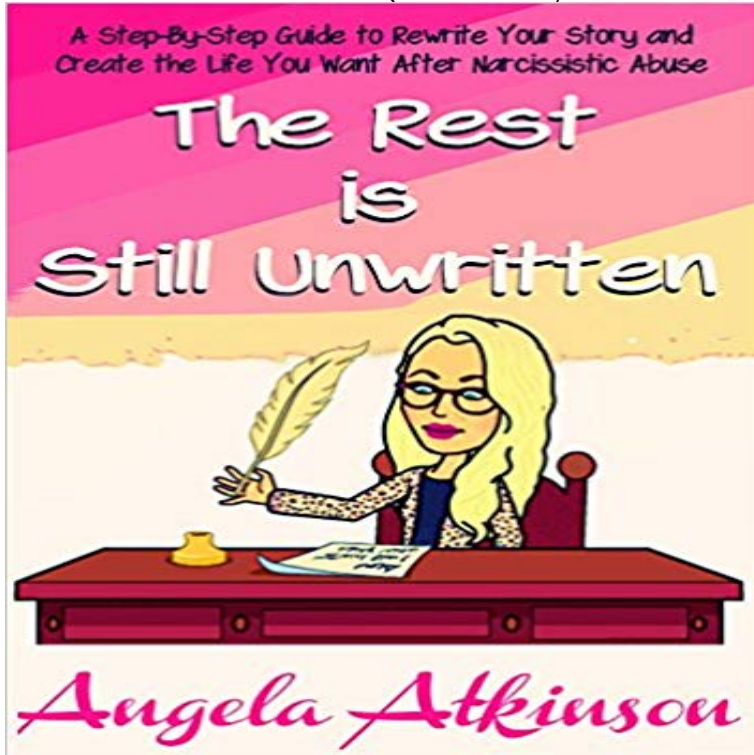


The Rest is Still Unwritten: How to Rewrite Your Story After Narcissistic Abuse (Detoxify Your Life Book 7)



A Step-By-Step Guide to Creating the Life You Want and Deserve After a Toxic Relationship Ends Have you recently ended a relationship with a narcissist, or are you considering doing so now? Or maybe youre the one whos been left in the lurch after yet another gaslighting episode that led to the devalue and discard phase. In any case, whether youre already gone or youre planning to leave, you wont need to wait until your relationship with a narcissistic abuser has ended to begin working on your abuse recovery. The Rest is Still Unwritten is the ultimate guide to help you stop just existing and start really living - and it offers you an entire plan to literally choose the rest of your life. Narcissistic abuse is sneaky - its invisible as far as most people can tell. And yet, its one of the most toxic, damaging kinds of abuse you can suffer - partially because it makes you feel so utterly alone - even if youre in a crowded room. The abuse you suffered at the hands of a narcissist cannot be downplayed: its among the most traumatic kind of toxic treatment you can receive. But theres good news! You arent really alone, and there IS hope for you - you can find happiness, peace and true success in every area of your life, even after youve been relentlessly abused by a toxic narcissist. There is a bright, beautiful and peaceful light on the other side. This book will serve as a starting point for you as you begin your own recovery from narcissistic abuse in your toxic relationship. Whether the abuse was mental or emotional, or both, you have been left with profound scars that might feel like theyll never heal. But with time, youll get there - and this life-changing book, written by a fellow narcissistic abuse survivor and certified life coach, will help you do it. Its time to reclaim your power. Are you ready? What are you waiting for? Scroll on up, get this book right now and start on your healing journey today. Inside

the Book: Choosing Your Own Identity After Narcissistic Abuse Creating Personal Change: First Things First Identifying Negative Habits to Create Positive Change Handling negativity from the people you love Letting Go of Whats Holding You Back Creating Personal Change: Out With the Old On Having Hope Dealing With Extreme Anxiety Are you having an anxiety attack? Know the Symptoms Toxic Anxiety Caused by the After-Effects of Narcissistic Abuse The No-Drug Solution to Anxiety-Causing Narcissistic Emotional and Mental Abuse How do you know if you are experiencing anxiety? Claim Your Personal Power: Dont Let the Bastards Get You Down Learning to Fly: Create Positive Habits to Attract Positive Change 7 Ways to Get Out of a Funk How to Use NLP and EFT for Narcissistic Abuse Recovery How to Change Your Mind and Your Life Take Back Your POWER! How You Can Use NLP to Help You Manage Stress How EFT Can Offer You Peace and Calm Quick Primer on How to Use EFT for Narcissistic Abuse Recovery Bliss Mission: Change Your Mind, Have a Great Day How to Get Literally Everything You Want In Your Life Using the Law of Attraction How to Control Your Thoughts Dont Become Victim to Your Thoughts Learning How to Deal With Stress, Depression and Anxiety Managing Your Stress, Depression and Anxiety Developing a Winning Financial Mindset When You Look Good, You Feel Good Putting Your Personal Recovery Plan to Work for You What to Do When the Narcissist Wont Leave You Alone: Setting Boundaries Plus, Youll Get These Bonuses: 1. Daily Affirmation Meditation 2. Identifying and Self-Managing Narcissistic Abuse-Related PTSD and C-PTSD

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