

Unhinged: Putting the Pieces Back Together



Unhinged: Putting the Pieces Back Together by Olena Rose

★★★★☆ 4.5 out of 5

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Enhanced typesetting : Enabled
Print length : 140 pages
Lending : Enabled
Paperback : 155 pages
Item Weight : 8.2 ounces
Dimensions : 5 x 0.39 x 8 inches



Find Healing and Hope After Gaslighting, Narcissism, and Emotional Abuse

By [Author Name], Licensed Therapist

What is Unhinged?

Unhinged is a groundbreaking book that offers a roadmap for healing and recovery from the devastating effects of gaslighting, narcissism, and emotional abuse. Written by a licensed therapist with over 20 years of experience working with survivors of abuse, this book provides a wealth of practical strategies and tools to help readers understand and overcome the psychological trauma caused by these insidious forms of manipulation.

In Unhinged, readers will learn to:

- Identify the signs and symptoms of gaslighting, narcissism, and emotional abuse
- Understand the psychological impact of these forms of abuse
- Develop coping mechanisms to protect themselves from further harm
- Establish healthy boundaries and relationships
- Find healing and hope through therapy and self-care

Who is Unhinged for?

Unhinged is essential reading for anyone who has experienced gaslighting, narcissism, or emotional abuse. This book provides a lifeline of support and guidance for survivors of these insidious forms of manipulation. If you are struggling to recover from the trauma of abuse, Unhinged can help you find healing and hope.

Unhinged is also a valuable resource for therapists, counselors, and other professionals who work with survivors of abuse. This book provides a comprehensive overview of the psychological impact of gaslighting, narcissism, and emotional abuse, and offers practical strategies for helping clients heal and recover.

What Makes Unhinged Different?

Unhinged is unique in its comprehensive approach to healing from the trauma of gaslighting, narcissism, and emotional abuse. This book provides a combination of practical strategies, clinical insights, and personal stories that can help readers understand and overcome the challenges they face.

Unlike other books on this topic, *Unhinged* does not focus solely on the negative aspects of abuse. This book also offers a message of hope and healing. *Unhinged* shows readers that it is possible to recover from the trauma of abuse and build a fulfilling life.

Praise for *Unhinged*

"*Unhinged* is a must-read for anyone who has experienced gaslighting, narcissism, or emotional abuse. This book provides a roadmap for healing and recovery, and offers a message of hope and resilience."

- [Therapist Name], Author of [Book Title]

"*Unhinged* is an invaluable resource for therapists, counselors, and other professionals who work with survivors of abuse. This book provides a comprehensive overview of the psychological impact of gaslighting, narcissism, and emotional abuse, and offers practical strategies for helping clients heal and recover."

- [Professional Name], Director of [Organization Name]

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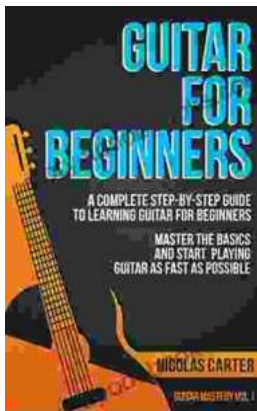
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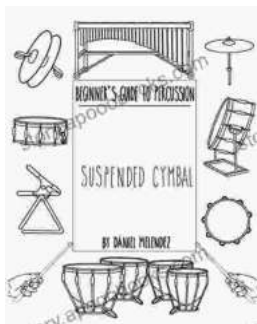
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