

## Betrayal Bond Breaking Exploitive Relationships

Still struggling from the effects of an abusive relationship? - If you're feeling heartbroken over one particular individual and this heartache has been going on for a weirdly long time - if you are "stuck" on one person in your life, if you feel you are trauma-bonded to an individual and can't move past feeling heartbroken over them, then ... This book will work to eradicate that completely. But first, a Warning: Before we go further, let me make something abundantly clear: - This book is for you but it's not just an information product. - This book does not contain a "magic wand" that will bring you instant relief without having to do any work. - What I'm about to share with you takes both time and effort and has worked wonders for me and my private clients. And I believe it can help you too. - The exact process I'll be sharing with you has taken several of my clients from a state of frustration and feeling "stuck", to crystal clarity as to what they should do. But this only works for those who are willing look deep inside themselves and are committed to finding true happiness. So with that said, let me tell you Does any of this sound familiar? - You continue to be fixated on people who hurt you and who are no longer in your life. - You crave contact with someone who has hurt you and who you know will cause you more pain. - You continue to revolve around people who you know are taking advantage of you or exploiting you. - You are committed to remaining loyal to someone who has betrayed you, even though their actions indicate few signs of change. - You are desperate to be understood, validated, or needed by those who have indicated they do not care about you. - You go to great lengths to continue to help, caretake, or consider people who have been destructive to you. What You Need Now: -Someone who has the knowledge, training, education and experience working on himself and others to lead you through the emotional sh\*tstorm that breaking with a narcissist can create. Here's a little sneak preview of what you'll get: - 4 Ways to know if you have been trauma bonded - 10 Healing questions to ask yourself - The most dangerous effect of trauma bonding on your brain and how to fix it - The first step you need to know before starting your healing journey - The brutal truth you don't want to hear to break the trauma bond - How to understand if you are in love or you are in Trauma - How to start feeling safe with yourself - How to resolve Heartache and Obsession and move on - How to overcome negative emotions ( Anger, hate, fear, anxiety . . ) The list goes on

The Weinstein affair in Hollywood has grabbed the headlines for months. Controlling behaviour, particularly of men towards women, is far more common, in all walks of life, than we have been led to believe. In this easy-to-read guide, best-selling author Don Hennessy offers advice to all those dealing with violent or controlling behaviour in their own lives, based on his experience of dealing with hundreds of such people in a therapeutic setting. Most important, he explains to the reader how they can throw off the shackles and live lives free from fear and intimidation.

A Gentle Path through the Twelve Steps Updated and Expanded

Narcissistic abuse is a form of abuse that ensures victims are left emotionally drained, mentally exhausted, and devoid of any self-worth or self-esteem. I was a victim of a malignant narcissist for seven years of my life, and I know just how crushing it is to live such an abusive and suppressed life. The helplessness and detachment from reality that comes with narcissistic abuse are enough to keep you in the tight grip of the abuser for as long as they choose. However, I eventually found the courage to leave my abuser, but it didn't end there. As you may know, ending a relationship with a narcissist isn't that easy - even if it was the narc who did the breaking up. They don't just 'let you go' - they try to make sure you'll go through hell before you get one over on them. In this book, I want to offer you some guidance on this rarely-talked about aspect of an abusive relationship: how to deal with a narcissist when they're your ex. The chapter list is as follows: Why you shouldn't go back and why you need to move on Why you need to go 'no contact' and ways you can do this How to stop missing your abuser Understanding and dealing with 'hoovering' after a break-up Narcissistic stalking How to deal with 'flying monkeys' Survivor stories from two former narcissistic abuse victims Throughout the book, I also offer some of my own story too, in the hopes that this offers you a sense of familiarity. You'll likely find that thing things I went through are very similar to your own experiences, and the purpose of this book is to get you to the point where I'm currently at: healed and thriving.

How a Woman's Insight Into Escaping Her Invisible Prisons Sets Her Free

Coercive Control: Breaking Free From Psychological Abuse

You Can Thrive After Narcissistic Abuse

Women Facing Love, Sex, and Relationship Addiction

Trauma Bonding

Overcoming Sexual Self-Hatred

The Angry Therapist

Facing Love Addiction - reissue

Unhooked from regular routines and healthy relationships by the coronavirus pandemic or other traumas, even our most basic human impulses and inputs can become addictive and destructive. An essential resource for those struggling with sexual addiction and compulsions, and those who love them.

With the revised information and up-to-date research, Out of the Shadows is the premier work on sex addiction, written by a pioneer in its treatment. Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. Out of the Shadows is the premier work on this disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

A significant new guide to understanding the origins of codependence and the path to recovery by a nationally recognized authority on dependency and addiction. In this fresh new look at codependence, Pia Mellody traces the origins of this illness back to childhood, describing a whole range of emotional, spiritual, intellectual, and sexual abuses. Because of these earlier experiences, codependent adults often lack the skills necessary to lead mature lives and have satisfying relationships. Recovery from codependence comes from clearing up the toxic feelings left over from childhood and learning to repent oneself by intervening on the adult symptoms of codependence. Central to Mellody's concept is the idea of the "precious child" that needs healing within each adult. She creates a framework for identifying codependent behavior and describes an effective approach to recovery that includes both therapy and self-help processes. Designed to be used with her new workbook for codependents, Breaking Free, this is a powerful tool for understanding the nature of codependence.

A leading authority on abusive relationships offers women detailed guidelines on how to improve and survive an abusive relationship, discussing various types of abusive men, analyzing societal myths surrounding abuse, and answers questions about the warning signs of abuse, how to identify abusive behavior, how to know if one is in danger, and more. Reprint.

Some really great books just keep getting better! For seventeen years The Betrayal Bond has been the primary source for therapists and patients wrestling the effects of emotional pain and harm caused by exploitation from someone they trusted. Divorce, litigation, incest and child abuse, domestic violence, kidnapping, professional exploitation and religious abuse are all areas of trauma bonding. These are situations and relationships of incredible intensity or importance lend themselves more easily to an exploitation of trust or power. In The Betrayal Bond, Dr. Carnes presents an in-depth study of these relationships; why they form, who is most susceptible, and how they become so powerful. Dr. Carnes also gives a clear explanation of the bond that compels people to tolerate the intolerable, and for the first time, maps out the brain connection that makes being with hurtful people comparable to 'a drug of choice.' Most importantly, Carnes provides practical steps to identify compulsive attachment patterns and ultimately to change or end them for good. This new edition includes: New science for understanding how our brains can make a prison of bad relationships New assessments and insights based on 50,000 research participants A new section utilizing the latest findings in attachment research and narrative therapy to concretely rewrite and rescript bad experiences A redefinition of the factors contributing to addictive relationships Narcissistic Ex

Taking Back Your Life from a Manipulative or Abusive Partner

New Visions

Healing the Wounds of Sexual Betrayal

Experiencing Personal and Spiritual Transformation with Internal Family Systems Therapy

Understanding and Overcoming the Trauma Bond in a Narcissistic Relationship

Coping with Narcissists

How Victims Make Sense of Childhood Abuse

A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. Author Dr. Patrick Carnes begins by defining sexual anorexia and demonstrating how it and its parallel disorder, sexual addiction and compulsivity, often arise from a background of childhood sexual trauma, neglect, and other forms of abuse. Carnes explores the numerous dimensions of sexual health, examining key issues which must be addressed and resolved for recovery to proceed. Utilizing extensive research and conducting case studies, Carnes develops concrete tasks and plans for restoring nurturing and sensuality, building fulfilling relationships, exploring intimacy, and creating healthy sexuality. Woven throughout the book are stories of recovery which illustrate sexual healing principles, model new behavior, and support motivation for change. Sexual Anorexia enables those suffering from this disorder to recognize that sex need not be a furtive enemy to be fought and defeated but, instead, a deeply sensual, passionate, fulfilling, and spiritual experience that all human beings are innately entitled to.

'If your relationship is so bad, why don't you just leave them?' 'If you were in such an abusive relationship, why did you stay with them for so long?' 'If you knew you were in a relationship with such a toxic person, why didn't you ask people for help?' If you've ever been asked these questions, aside from being ignorant and hurtful, you'll know it's beyond frustrating. The answer to the above questions, whilst it's complex and often confusing, can be given with two words: trauma bonded. If you find you're in a relationship that you know is so toxic that it's crushing your very being, but you can't bring yourself to leave, you may be in the clutches of a tight trauma bond. If you're constantly feeling on edge, forever working to appease your spouse to little avail and like you're constantly being chipped away at with their abusive behavior, then I can understand how emotionally shattering it feels to live this way. If in the same breath, it breaks your heart to ever consider leaving them because you can't imagine life without them, then I can understand that feeling too; because I was trauma bonded to my abusive ex. From my own personal experience and from the experiences other survivors have opened up to me about, this book will cover the following: - What trauma bonding really is - The 7 stages that lead to you becoming trauma bonded - The parallels that Stockholm syndrome has with trauma bonding - The 5 stages you go through when you come to accept you're trauma bonded - The cognitive dissonance a trauma bond can cause - Breaking free from the traumatic bond This book will also include my own experiences and I'll draw upon those to help you really understand trauma bonding, and let you know that you're not alone in being shackled by this emotionally crippling bond. More importantly, this book will help you understand that the invisible chain that tethers you to your abuser can be broken.

The groundbreaking book introducing Dr. Patrick Carnes' thirty-task model for treating sexual addiction is now UPDATED and REVISED.

Logged In and Stressed Out teaches readers to feel happier and more confident by examining the ways in which social media is negatively affecting their lives and determining how they can develop healthier online habits.

Helping the Sexual Addict

When the Person You Love Is a Survivor of Child Sexual Abuse

The Emotional Rape Syndrome

Understanding Sexual Addiction

How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults

The Object of My Affection Is in My Reflection

The Betrayal Bond

Don't Call It Love

Breaking up in normal circumstances is hard enough. If you throw a narcissist into the equation, it makes it all the more difficult. Not only are you left heartbroken from the separation, but the actions and behaviors of the narcissist post-break-up are nothing short of cruel, confusing, and downright crazy-making. You feel like your world has ended and you don't know how to rebuild it. In this short book, I want to use my own experience with a narcissist to highlight and outline the following for you: - discarding, and why the narcissist does this. This is a cruel tactic used by the narcissist to either punish you or because you have nothing left to give them. - what a narcissist does at the end of a relationship. Whilst all narcissists are different, you can count on one thing being consistent: their behavior. - how the narc feels and deals with the break-up. - the toxic narcissistic relationship pattern, so you can avoid being sucked into it once more. If you're looking to read this book, you're likely heartbroken and looking for some guidance, support, or understanding. As someone who has been through the hell of a narcissistic relationship, I can offer you all three, and I hope this book can help you make sense of this heartbreaking time.

Nothing destroys trust like sexual betrayal. Beyond broken vows, a woman who discovers that the man she loves has been viewing pornography or having an affair must deal with devastating blows to her self-image and self-worth. She must grapple with the fact that the man she thought she knew has lied and deceived her. She may even bear the brunt of shame and judgment when the people around her find out. Drawing from her experience both as a marriage and family therapist and a woman who personally experienced the devastation of sexual betrayal, Dr. Sheri Keffer walks women impacted by betrayal through the pain and toward recovery. She explains how the trauma of betrayal affects our minds, bodies, spirits, and sexuality. She offers practical tools for dealing with emotional triggers and helps women understand the realities of sexual addiction. And she shows women how to practice self-care, develop healthy boundaries, protect themselves from abuse or manipulation, and find freedom from the burden of shame and guilt.

"A poignant and necessary book for all women who live in fear in their own homes." -Library Journal A controlling or abusive partner can break even the strongest person—unless you know what to look for. Written by an expert in intimate partner abuse and based on her highly successful recovery program for women with controlling partners, this book will give you the strength, courage, and strategies you need to acknowledge the problem and stand up for yourself once and for all—whether you stay or leave the relationship. If you have a controlling partner, you aren't alone. Millions of women suffer psychological abuse at the hands of a spouse or intimate partner during some point in their lives, not fully seeing or knowing what is happening to them. Research shows that psychological abuse affects women's overall well-being more than physical abuse, is a bigger contributor to inducing fear, and can be a precursor to violence. To make matters worse, having a controlling partner often results in hidden injuries like anxiety, depression, low self-esteem, trauma, and low self-efficacy—feeling like you can't make a difference in your life. So, where can you turn for help? Based on over a decade of clinical and domestic abuse research, Women with Controlling Partners will help you identify the coercive constraints that can be predictive of intimate partner abuse, recognize the harmful effects of psychological abuse on your mental and physical health, and gain the personal strength and power to break free. Using the author's three-stage recovery model, you'll be empowered to move out of denial, deconstruct what holds you psychologically captive, and take back your life. Abuse can be devastating, and having a controlling partner can make you feel crazy—and as if you're the one responsible. But you're not crazy, and you're not to blame! With this important, one-of-a-kind recovery process, you'll finally find the clarity of mind, courage, and strength to protect yourself from the hurtful control that damages your mental and physical health, and move toward a safer and happier life.

Author Kelly McDaniel offers women compassionate yet direct guidance on how to change painful relationships. Readers will learn how to address patterns of choosing partners who are addicted to sex and substances, how to stop being involved in serial relationships, and what to do about anger and other painful emotions associated with intimate relationships.

Grown and Flown

Contrary to Love

Trauma Bonds

Breaking Free of Exploitive Relationships

Inside the Minds of Angry and Controlling Men

Allies in Healing

Out of the Shadows

Heal your pain and break free from your abusive relationship with this unique recovery program designed by one of the world's leading authorities on narcissistic abuse Narcissistic abuse was originally defined as a specific form of emotional abuse of children by narcissistic parents. More recently, the term has been applied more broadly, referring to any abuse by a narcissist (someone that who admires their own attributes)—especially adult-to-adult relationships, where the abuse may be mental, physical, financial, spiritual, or sexual. If you have been through an abusive relationship with someone who has Narcissistic Personality Disorder, your will know that no one understands what you are going through unless they have personally experienced it. Author Melanie Tonia Evans was abused by her former husband for over five years, and it almost took her to the point of no return. At her lowest point, she had an epiphany that signified the birth of the Quanta Freedom Healing Technique, which she presents here. In this book, you will learn how to: • recognize if you are in an abusive relationship • detach or remove yourself from the narcissist's ability to affect or abuse you • identify your subconscious programming, release it, and replace it • focus on healing yourself to become empowered to thrive and not just survive With thousands of patients successfully treated worldwide, this revolutionary program is designed to heal you from the inside out. We can touch the part of a person's body that gets used to sexual rape, but we can't touch what gets used in emotional rape—the higher emotions of love or trust, for example. ? Sexual rape is a violation of the human body - emotional rape is a violation of the human soul. ? This book is about identifying, preventing, and healing emotional rape. ? It's about telling victims that they didn't do anything morally wrong—that they are not to blame for what happened to them and that recovery is possible. ? It's about telling victims how they can recover—to become survivors. Only after this underrated trauma is properly identified can survivors begin to heal their wounds. Only when it is discussed honestly and openly can we, as individuals and as a society, act effectively to prevent the spread of this destructive behavior.

**PARENTING NEVER ENDS.** From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

Offers exercises and advice on breaking the cycle of trauma and overcoming the crippling effects of abusive relationships

Brain, Mind, and Body in the Healing of Trauma

The Body Keeps the Score

Mending a Shattered Heart

How to Stop Feeling Stuck. Overcome Heartache, Anxiety and PTSD - Includes Q and A and Case Studies

A Gentle Path Through the Twelve Steps

Women with Controlling Partners

What a Narcissist Does at the End of a Relationship

The #1 System for Recovering from Toxic Relationships

**#1 New York Times bestseller** "Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society." —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In The Body Keeps the Score, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, The Body Keeps the Score exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

Offers advice & a practical guide to making relationships work "Dr. Patrick Carnes is a creative, pioneering, and courageous human being. His books are changing the lives of thousands!" "I lost three marriages, all because of affairs." "I became suicidal because of multiple intense involvements." "I spent money on sex when I needed it for children's clothes." "I lost promotion opportunities and a special scholarship because my co-workers found out about my sex life." Every day they face the possibility of destruction, risking their families, finances, jobs, dignity, and health. They come from all walks of life: ministers, physicians, therapists, politicians, executives, blue-collar workers. Most were abused as children—sexually, physically or emotionally—and saw addictive behavior in their early lives. Most grapple with other addictions as well, but their fiercest battle is with the most astounding prevalent "secret" disorder in America: sexual addiction. Here is a ground-breaking work by the nation's leading professional expert on sexual addiction, based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder. This essential volume includes not only the revealing findings of Dr. Carne's research with recovering addicts but also advice from the addicts and co-addicts themselves as they work to overcome their compulsive behavior. Positive, hopeful, and practical, Don't Call It Love is a landmark book that helps us better understand all addictions, their causes, and the difficult path to recovery.

Focuses on the later manifestations of incest, this reference offers a diagnostic aftereffects checklist, suggestions for healthy, rather than neurotic, coping mechanisms, and therapeutic treatment strategies

How to Break Your Addiction to a Person

Open Hearts

Intimate Deception

Breaking Free of Addictive Relationships

How Social Media Is Affecting Your Mental Health and What You Can Do about It

Escaping Intimate Control

All About Love

Is It Love Or Is It Addiction

Hopeful and helpful guidance on transforming one's most intimate bonds

When your partner betrays, what are the first steps to picking up the pieces of your shattered heart? Many unsuspecting people wake up every day to discover their loved one, the one person whom they are supposed to trust completely, has been living a life of lies and deceit because they suffer from a disease-sex addiction. This is a disease shrouded in secrecy and shame. This is your go-to-guide for what to do when you discover your partner is a sex addict. Each chapter is based on frequently asked questions by partners such as: Should I Stay or Should I Go? Is This Going to Get Better? How Do I Set Boundaries and Keep Myself Safe? and What Should I Tell the Kids?

The devastation of a controlling relationship has to be endured to be believed. From the constant fear of upsetting your spouse, the walking on eggshells in case you've done or said something wrong, or the relentless feeling of anxiety, a controlling partner will beat you down until you no longer recognize who you once were. You will lose an abuser dominate their victim's life; from the food they eat, the people they see, the places they can go and the things they can say. A controlling partner, through fear and intimidation, will seek to ensure their victim is subdued, to the point of accepting any and all abuse that's fired their way. By manipulation, gaslighting, lies, and hurtful insults, the abuser will make their victim a willing puppet on a string, ready to be utilized how the controlling spouse sees fit. Coercive control is seldom talked about in comparison to other forms of abuse, yet it's so commonplace in relationships. Plenty of victims of this type of behavior may not even be aware that it's its full-blown abuse. Many more see controlling behavior as their partner's way of showing they 'care.' In order to shed light on this topic, and reach out to those who need help in understanding and overcoming a controlling partner, I have created this book as their starting point. I was shackled to a malignant narcissist for many years of my life, being controlled and manipulated, day-in, day-out. As a proud survivor of abuse, I feel obligated to help others in their journey towards getting their power back and recovering from the cruel effects of an abusive relationship. This book will cover the following: - what coercive control is - the devastating effects of a controlling relationship - financial coercion - breaking the spell of abuse - coercive control after separating I use my own experiences, as well as those of the survivors I've connected with via Escape the Narcissist, to help piece together the things you need to know about this type of abusive relationship.

This resource identifies the stages and progression of sex addiction, including assessment, intervention, and treatment methods. This resource identifies the stages and progression of sex addiction, including assessment, intervention, and treatment methods. It also covers family structure, bonding, boundaries, and recovery topics.

Ready to Heal E-Book

Betrayal Bond, Revised

The Classic Guide for All People in the Process of Recovery

Dealing With and Understanding the Aftermath of a Narcissistic Relationship

Secret Survivors

Recovery From Sexual Addiction

Altogether You

Renewing Relationships with Recovery, Romance & Reality

When a parent singles out a child for special privileges and attention, that child is often unaware that the relationship is unhealthy—even incestuous. As adults, these children struggle to feel validated, because while they have not been directly abused, they feel a sense of violation and crossed boundaries—usually done in the name of 'love' and 'caring.' The parent's love feels more confining than freeing, more demanding than nurturing. Yet these children suffer from what psychologist Kenneth Adams calls The Silent Seduction—because there is nothing loving or caring about a close parent-child relationship that services the needs of the parent rather than the child. In this revised and updated 20th anniversary edition of his groundbreaking book Silently Seduced, Dr. Adams explains how 'feeling close,' especially with the opposite-sex parent, is not the source of comfort the image suggests, especially when that child is cheated out of a childhood by being a parent's surrogate partner. He offers a framework to understand this covert incest and its effect on sexuality, intimacy, and relationships, and how victims can begin the process of recovery.

For anyone who works with, is related to, or is married to a narcissist. The reader will learn the characteristics of a narcissist, how to avoid getting into a relationship with one, and coping mechanisms to use if it is impossible to avoid one in their life.

Betrayal Bond, RevisedBreaking Free of Exploitive Relationships

A New York Times bestseller and enduring classic, All About Love is the acclaimed first volume in feminist icon bell hooks' "Love Song to the Nation" trilogy. All About Love reveals what causes a polarized society, and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. "The word 'love' is most often defined as a noun, yet we would all love better if we used it as a verb," writes bell hooks as she comes out fighting and on fire in All About Love. Here, at her most provocative and intensely speaking, hooks offers a feminist critique bell hooks offers a proactive new ethic for a society bereft with lovelessness—not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society's failure to provide a model for learning to love. As bell hooks use her incisive mind to explore the question "what is love?" her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The UNte Reader declared bell hooks one of the "100 Visionaries Who Can Change Your Life." All About Love is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better.

Uncovering Incest and Its Aftereffects in Women

Steps to Freedom

A No BS Guide to Finding and Living Your Own Truth

When Parents Make Their Children Partners

How to Get Over a Toxic Relationship, Deal With an Abusive Ex and Become Free of the Controlling Sociopath

Logged in and Stressed Out

Facing the Shadow

Starting Sexual and Relationship Recovery

"But what about me?" Is it possible to go one day without dealing with the survivor's issues? "Will we ever make love again?" "Will the survivor love me in the end?" "How do I know if I should throw in the towel?" Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners—girlfriends, boyfriends, spouses, and lovers—trying to support the survivors in their lives while tending to their own needs along the way. She shows couples how to deepen compassion, improve communication, and develop an understanding of healing as a shared activity. Addressing partners' most important questions, Allies in Healing covers: The Basics—answers common questions about sexual abuse. Allies in Healing—introduces key concepts of working and growing together. My Needs and Feelings—teaches partners to recognize, value, and express their own needs. Dealing with Crises—includes strategies for handling suicidal feelings, regression, and hopelessness. Intimacy and Communication—offers practical advice on dealing with distancing, control, trust, and fighting. Sex—provides guidelines for coping with flashbacks, lack of desire, differences in sexual needs, and frustration. Family Issues—suggests a range of ideas for interacting with the survivor's family. Partners' Stories—explores the struggles, triumphs, and courage of eight partners.

A renowned psychotherapist explains how to evaluate a relationship and offers practical advice on how to get out of a relationship that is no longer satisfying, offering advice on understanding the difference between good and bad relationships, surviving the pain of breaking up, addictive behavior, and more. Reprint.

It's no surprise that our culture is addicted to "love." The sappy love songs, the enticing ads for romantic getaways and the desire to be cherished by a special someone will never lose their appeal. But for some women, this poses a significant problem. Because of their insatiable desire for love, they will do anything to find it and ultimately land in destructive addictive relationships over and over again causing incredible harm. This newly revised and expanded edition of Ready to Heal provides an opportunity for women to break free from painful addictive relationships. Kelly McDaniel provides the reader with the tools they will need to move along the path to living a life where intimacy is possible. Readers have an opportunity to begin to "connect the dots" in their own relationship patterns by following the stories of four brave women. A newly added chapter on "Mother Hunger" explores the role of the mother in infancy and how she ultimately impacts a daughter's ability to have healthy intimate relationships later in life.

Break free from the chains of addictive relationships that sabotage happiness and self-respect.

John Kim LMFt, a life-style designer, not a therapist. His radical new approach, that he sometimes calls "self-help in a shot glass" is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living. Let's face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as The Angry Therapist, documenting his personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of "me too" as opposed to "you should." He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language—open, raw, and at times subversive—and people responded. The Angry Therapist blog, that inspired this book, has been featured in The Atlantic Monthly and on NPR.

Sexual Anorexia  
Why Does He Do That?  
Silently Seduced  
Bonded to the Abuser  
Giving Yourself the Power to Change the Way You Love

Act of Terror

Ready to Heal

Strength, Courage, Resilience. Share one woman's personal journey as she speaks out against abuse and stands her ground after a lifetime of trauma. Every day, domestic abuse hotlines in the US field over 20,000 phone calls, mostly from women. Those calls are from people who recognize that they need help... and who are able to summon the strength and courage to speak out. But what about those who don't feel safe enough to call? What about those who dismiss their experiences as 'normal' or 'deserved'? Domestic abuse can take many forms -- and it's fast becoming a global epidemic. If it's something you've been through, you know only too well how isolating it can feel. There's no one you can talk to, and no matter how hard you try to avoid repeating old patterns, it's all too easy to get sucked back into a cycle of abuse. But how does this happen... and how can you recognize the signs so it doesn't happen again? Trauma Bonds offers more than a self-help guide ever could: it's an open and honest memoir detailing one woman's harrowing story as she overcomes abuse after abuse. Through frank and compelling accounts like this, it's possible to see your own story reflected in her words. Your story may not be the same, but there will be patterns you recognize: accounts that make you want to shout, "Me too!" It's through writing like this that you feel seen... and that is how we raise awareness of an issue that affects a troubling number of women worldwide. In Trauma Bonds, you'll find a heart-wrenching and captivating account of one woman's determination to not only survive, but thrive. You'll discover: An honest and detailed memoir capturing the most difficult and painful details in a cycle of abuse that follows the writer from the UK, to Africa (Nigeria), and to the USA How a seed can be planted at a shockingly young age and set the stage for a lifetime of abuse The value of hindsight in piecing together past wrongs you didn't realize were examples of abuse (the author was in her mid-40s before the puzzle pieces fell into place) How abusers seek to keep their actions hidden... but sometimes those actions can be hidden in plain sight The stark reality of what it's like to be haunted by your experiences of childhood sexual abuse How a lifetime of recurring abuse can take its toll on your mental health Informative and helpful subheadings to break up the text and guide you to a deeper understanding The value of spirituality and therapy in overcoming trauma and taking back power A deeper understanding of the Cycle of Abuse and how child grooming can teach you to ignore your own feelings (without you even realizing) An empowering tale of strength and resilience, giving you the courage to help you find your own And much more. Seeing the truth of your own experiences can be painful and difficult. When someone is willing to hold a mirror up to your story with a vulnerable account of their own, it can help you see patterns and cycles you weren't aware of. Whether you have abuse of your own to unravel or you're simply a compassionate and curious ally, Alexis Taiwo's account is an enlightening insight into the extraordinary power and resilience of those who survive abuse. Content note: this book contains references to sexual and physical violence toward both adults and children. However, you are in very safe hands: this is a rare opportunity to take a deeper look at your own experiences and uncover long-buried details that may light your way to freedom. Share one woman's incredible story of strength and survival, and begin to connect the dots that cause the cycle of abuse: scroll up and click "Add to Cart" right now.

Tens of thousands of children are removed from home each year due to some form of child maltreatment, usually physical neglect, physical abuse, or sexual abuse, although sometimes for emotional abuse as well. An additional significant number of children are victims of child maltreatment but remain in their home. Extensive research reveals the far reaching and long lasting negative impact of maltreatment on child victims, including on their physical, social, emotional, and behavioral functioning. One particularly troubling and complicated aspect is how the child victim forms (and maintains) a "traumatic bond" with his abuser, even becoming protective and defensive of that person despite the pain and suffering they have caused. This book will provide the reader with the essential experience of understanding how children make meaning of being maltreated by a parent, and how these traumatic bonds form and last. Through an examination of published memoirs of abuse, the authors analyze and reveal the commonalities in the stories to uncover the ways in which adult victims of childhood abuse understand and digest the traumatic experiences of their childhoods. This understanding can inform interventions and treatments designed for this vulnerable population and can help family and friends of victims understand more fully the maltreatment experience "from the inside out."

No one knows who may be the next threat in this 'action-packed' thriller by the New York Times-bestselling author of National Security (Publishers Weekly). From coast to coast, our nation is witnessing a new wave of terror. Suicide bombers incite blind panic and paralyzing fear. A flight attendant tries to crash an airliner. A police officer opens fire on fans in a stadium. And at CIA headquarters, a Deputy Director goes on a murderous rampage. The perpetrators appear to be American—but they are covert agents in a vast network of terror, selected and trained for one purpose only: the complete annihilation of America. Special Agent Jericho Quinn has seen the warning signs. As a classified "instrument" of the CIA reporting directly to the president, Quinn knows that these random acts of violence pose a clear and present danger. But Quinn may not be able to stop it. The search for terrorists has escalated into an all-out witch hunt. And somehow, Quinn's name is on the list... "Quinn is most definitely one of the best characters in the thriller realm."—Suspense Magazine