

Are you thriving in your relationship, or merely surviving? Are you the victim of constant manipulation, gaslighting, and deception at the hands of your partner? Do you find yourself constantly making excuses for your partner's abusive behavior? If you feel trapped in a relationship with someone who displays narcissistic or psychopathic behavior, you may be experiencing a trauma bond—a powerful connection you've developed with your abuser. It's important to remember that you're not alone and it's not your fault.

Written by an expert in narcissism and toxic relationships, this powerful guide is packed with the tools you need to finally break free from the destructive grip of narcissistic or psychopathic abuse. You'll learn how to spot manipulation tactics used by abusers to create and maintain unhealthy bonds, so you can better recognize, understand, and draw boundaries. You'll discover insightful tips and practical strategies to help you end your relationship safely and build healthy relationships in the future.

Trauma bonding can have devastating effects. It can cause you to not only tolerate mistreatment, but even protect and defend your abuser. This book clears a path to connect with and validate your authentic outrage at how you've been treated, so you can process your pain and move forward on your path to freedom.

Shahida Arabi, MA, is a published researcher and expert specializing in narcissism. She is a graduate of Harvard University and Columbia University, and holds graduate degrees in psychology and sociology. She is also author of several bestselling books, including *Becoming the Narcissist's Nightmare*, *The Highly Sensitive Person's Guide to Dealing with Toxic People*, and *Power*. Her books have been translated into more than eighteen languages all over the world. Her writing has been featured on *Salon*, *Bustle*, *Psychology Today*, *Huffington Post*, *VICE*, and *New York Daily News*. She lives in Manhattan, New York.

Read by Rachel Perry



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AUDIO

Breaking Trauma Bonds
with Narcissists and Psychopaths

SHAHIDA
ARABI, MA

Adult



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