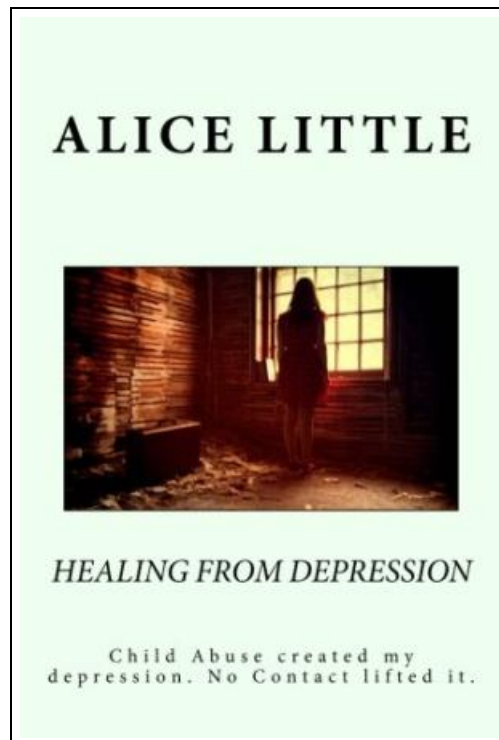


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HEALING FROM DEPRESSION: A MEMOIR OF CHILDHOOD NARCISSISTIC ABUSE (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I thought I knew where my depression came from and how it started but as I go deeper into myself and become more whole, I see that this is not so simple as it first appeared. Now I can conclude that many events conspired against me and created mental and physical health issues which, as an adult, I have had to cope with including Depression, Anxiety, Post Traumatic Stress Disorder, Temporal Lobe Epilepsy and Physical Pain. In exploring these events I have written down the sequence of many painful traumas along the way and how they affected me, including sexual, physical, emotional and ritual cruelty, creating layers of compounded abuse which led to depression. Mainly this depression came from loss, loss of self due to my parent s Narcissistic Personality Disorder and also the inability of any adult to pick up that I was suffering and needed help because they were, in fact, the problem. To heal myself I went No Contact with my family and everything in my life that was toxic. I was left with nothing but my damaged self and so I had nowhere to turn but within. In leaving the Narcissists behind I became whole and have found a sense of peace and contentment in my life beyond depression that I didn t think was possible. My story is written as both a cathartic experience for myself as I close doors behind me, move on and heal but mainly as an inspiration to other survivors of the long lasting damage caused by the mind controlling Narcissistic Abuse which is involved and present in all kinds of cruelty and abuse by any other name. This book and my...



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