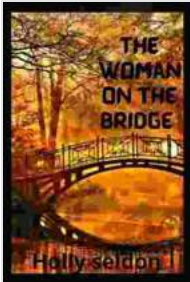


On The Bridge Between Heaven And Earth: Surviving Hidden Abuse and Unveiling the Dynamics of Escaping a Narcissist



The Woman On The Bridge : on the bridge between heaven and earth, carol bridges hiding from an ex

★★★★★ 5 out of 5

Language : English
File size : 2373 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 23 pages



Carol Bridges' groundbreaking book, 'On The Bridge Between Heaven And Earth: Surviving Hidden Abuse and Unveiling the Dynamics of Escaping a Narcissist,' offers hope and guidance to those struggling with narcissistic abuse. Through her own personal journey, Bridges provides a roadmap for understanding the complexities of hidden abuse, breaking free from the cycle of manipulation, and healing the wounds of trauma.

What is Hidden Abuse?

Hidden abuse is a form of emotional and psychological abuse that is often difficult to detect. It is characterized by subtle and manipulative behaviors that can leave victims feeling confused, isolated, and worthless. Narcissists are often skilled at hiding their true nature, making it difficult for victims to recognize the abuse they are experiencing.

Some of the common signs of hidden abuse include:

- Gaslighting: making the victim question their own reality
- Triangulation: playing the victim against others
- Love bombing: showering the victim with affection and attention, followed by periods of coldness and neglect
- Isolation: cutting the victim off from friends and family
- Financial control: managing the victim's money and resources

The Dynamics of Escaping a Narcissist

Escaping a narcissist is a complex and challenging process. It requires courage, strength, and support. Bridges provides a detailed roadmap for breaking free from the cycle of abuse, including:

- Recognizing the signs of narcissistic abuse
- Setting boundaries and limits
- Building a support system
- Developing a safety plan
- Seeking professional help

Healing the Wounds of Trauma

The aftermath of narcissistic abuse can be devastating. Victims may experience a wide range of symptoms, including:

- PTSD

- Anxiety
- Depression
- Low self-esteem
- Trust issues

Bridges provides practical strategies for healing the wounds of trauma, including:

- Therapy
- Self-care
- Support groups
- Forgiveness
- Finding meaning in life

Hope for the Future

Carol Bridges' book is a beacon of hope for those who are struggling with narcissistic abuse. She provides a roadmap for understanding the complexities of hidden abuse, breaking free from the cycle of manipulation, and healing the wounds of trauma. With courage, strength, and support, it is possible to escape the clutches of a narcissist and build a healthy and fulfilling life.

About the Author

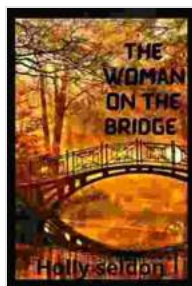
Carol Bridges is a licensed professional counselor and certified trauma specialist. She has over 20 years of experience working with victims of narcissistic abuse. She is the founder of the Bridges to Recovery Center, a

non-profit organization that provides support and resources to victims of narcissistic abuse.

Bridges is a passionate advocate for victims of narcissistic abuse. She has spoken out about the issue on national television and radio, and her work has been featured in numerous publications. She is committed to helping others break free from the cycle of abuse and heal the wounds of trauma.

Free Download Your Copy Today!

On The Bridge Between Heaven And Earth: Surviving Hidden Abuse and Unveiling the Dynamics of Escaping a Narcissist is available for Free Download on Our Book Library and other online retailers.

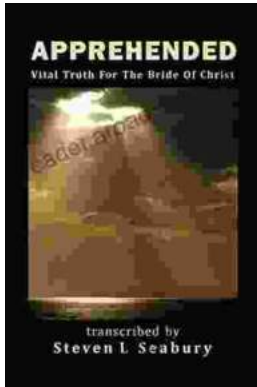


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