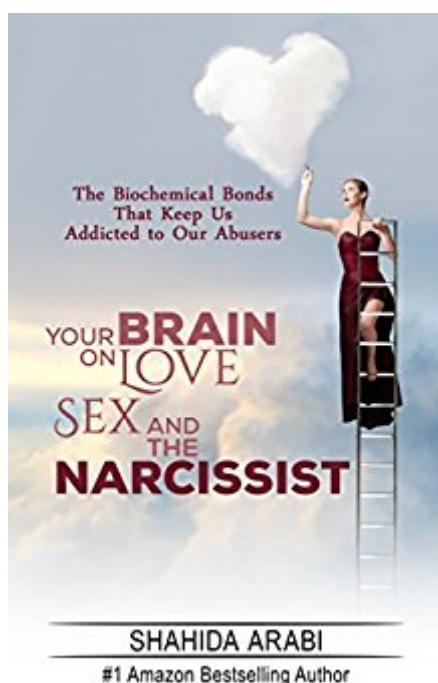


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# Fifty Shades Of Narcissism: Your Brain On Love, Sex And The Narcissist: The Biochemical Bonds That Keep Us Addicted To Our Abusers



## **Synopsis**

This is a short essay regarding the biochemical bonds victims of narcissistic abuse develop with their abusers. Featured on the Self-Care Haven website, the extended version of the article is now available in Kindle format. Many survivors of narcissistic abuse are confounded by the addiction they feel to the narcissist, long after the abusive relationship took a toll on their physical, mental, and emotional well-being. Make no mistake: recovery from an abusive relationship can be very similar to withdrawal from drug addiction due to the biochemical bonds we may develop with our toxic ex-partners. Learn how these bonds create an addiction that is difficult to break. All proceeds for this e-book go back into supportive services for survivors through Self-Care Haven. What mental health professionals are saying about this article: "Brilliant article on trauma bonds and recovering from narcissistic abuse." - Andrea Schneider, LCSW, MSW. "A must read! Perfect article to help you understand the biochemical changes in abuse." - Shannon Thomas, LCSW, Southlake Christian Counseling

## **Book Information**

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## Customer Reviews

I've been going through counseling, soul searching, digging to my depths, researching, journaling and grabbing for any piece of information to help me understand \*\*why\*\* I am still wanting my ex (who is emotionally abusive), despite all of the \*very clear reasons\* that I shouldn't. This was the missing piece of the puzzle I've been praying for. It finally makes sense. Once I understand something, I can move forward. My hope is to do exactly that and never give any abuser another minute of my life or breath from my lungs. I'm ready to start healing.

Shahida Arabi is a great writer and knowledgeable scholar who has not only studied narcissists and personality disorders in general but has had personal and up-close experience with a narcissist -- and lived to write about it. I highly recommend her book to people who are trying to make sense of their experience or end a relationship with a narcissist. ASIN: B01LW57ZN3

Are you in love with someone who used to make all your heart's desires come true? Now has the relationship changed into a roller coaster ride of negative and positive interactions? Shahida Arabi seems to have first-hand knowledge about how an in love relationship can change into an abusive one. She calls this narcissistic abuse which is a form of psychological abuse that is emotionally devastating and leaves the victim traumatized. There are some good discussions about oxytocin, dopamine and serotonin. The person you are dealing with may also be a charming emotional predator but he or she is devoid of empathy. You may notice stonewalling, verbal abuse and manipulation. This book is very well written and intellectual book. It doesn't tell you exactly how to get away from the narcissist in a step-by-step way that would be safest. That would have been helpful. My advice is that if you are being abused, seek help immediately. ~The Rebecca Review

It's very important to read this book. It speaks neatly about this strange and difficult disorder. Stay away or zero contact with the narc is the only way out and you will find how to avoid him or her in this excellent book.

Thank you, thank you, thank you, Shahida Arabi for putting this essay on. So much important, affirming information in so few pages. Anyone in a relationship with a narcissist needs to read this. It validates everything you're experiencing, which is vital to moving on.

Every one of her books are A+!

1AWESOME BOOK OPENED MY EYES DID NOT THINK IT COULD HAPPEN TO ME.I REALLY THOUGHT I WAS DOING WRONG NOT

Great for people looking to understand how chemicals in our body are being manipulated to make us grow an attachment to our abuser.

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