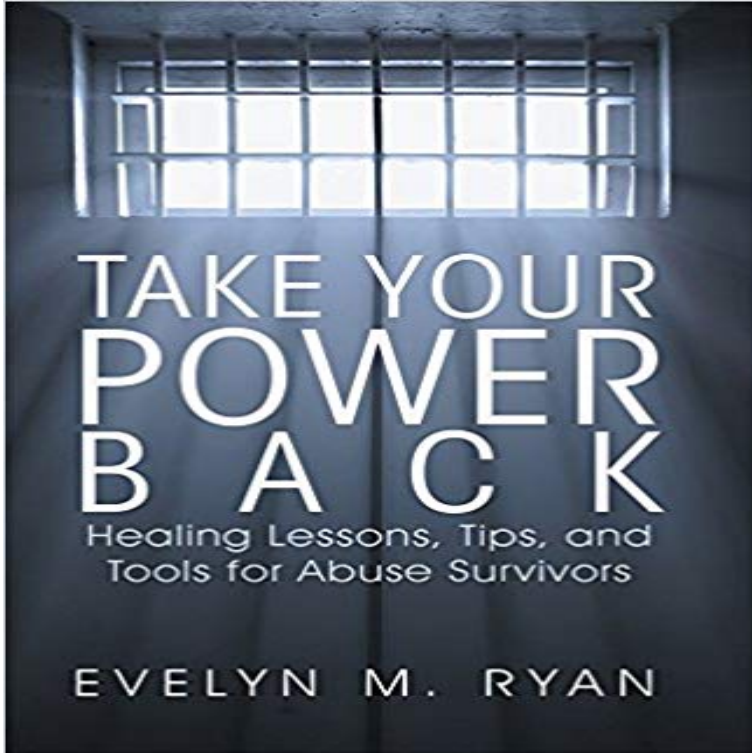


Take Your Power Back: Healing Lessons, Tips, and Tools for Abuse Survivors



Are you a victim of narcissistic abuse? Do you suffer from traumatic stress? Are you in the middle of an emotional crisis brought on by a death, betrayal, illness, or divorce, or are you just ready to heal because you've had enough? Are you unhappy, emotionally fatigued, and suffering from chronic emotional pain? In *Take Your Power Back*, author Evelyn M. Ryan offers a step-by-step guide that teaches you to regain and use your personal power to turn your pain-based life into one filled with joy. This resource is a product of Ryan's decades-long search for the truth to help adult survivors of childhood abuse and other traumas heal from pain addictions. It will help you discover that the source of truth-based healing resides in you, and you can tap into that infinite power. Ryan discusses: the real origins of your chronic, emotional pain and feelings of powerlessness the biggest obstacles that keep you in abusive relationships how to stop thinking like a victim what pain triggers are and how to identify them the difference between love and trauma addiction exercises to strengthen self-esteem, self-compassion, and self-reliance how to not only heal, but to thrive after recovery *Take Your Power Back* contains the most current and effective lessons, tips, and tools validated by skilled psychology professionals and abuse survivors. It includes a guided, go-at-your-own-pace personalized abuse-recovery program, showing you how to stop thinking like a victim, end your chronic emotional pain, and thrive.

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: Take Back Your Power: How to Reclaim It, Keep It, and Use It to Get What You Want
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