



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

Evelyn M. Ryan

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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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From reader reviews:

Phyllis Callahan:

Spent a free time and energy to be fun activity to do! A lot of people spent their sparetime with their family, or their friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? May be reading a book could be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to test look for book, may be the publication untitled Take Your Power Back: Healing Lessons, Tips, and Tools for Abuse Survivors can be excellent book to read. May be it may be best activity to you.

Phillip Chadwick:

Playing with family in a park, coming to see the coastal world or hanging out with buddies is thing that usually you have done when you have spare time, subsequently why you don't try point that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Take Your Power Back: Healing Lessons, Tips, and Tools for Abuse Survivors, it is possible to enjoy both. It is good combination right, you still need to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't have it, oh come on its referred to as reading friends.

Norman Ross:

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