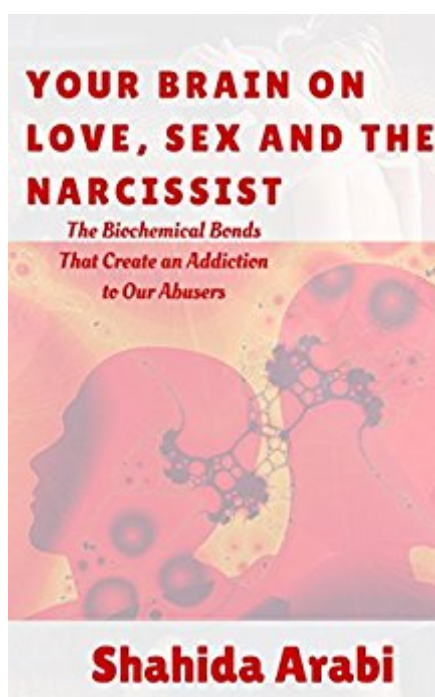


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# Fifty Shades Of Narcissism: Your Brain On Love, Sex And The Narcissist: The Biochemical Bonds That Create An Addiction To Our Abusers



## 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 have read many articles on narcissism and emotional abuse since having my own experience in a very crippling narcissistic abusive relationship with a woman. The information provided in 50 shades of narcissism is by far the most helpful, accurate and informative read I have come across. After nearly 9 months of no contact with my abuser, I found myself still having lingering ruminating thoughts that contradicted my recovery but this mini book was exactly the right information I needed to evolve further into my recovery. I will be reading it a few times again I'm sure as it provided quite an in depth and insightful perspective that is unwritten by anyone else as far as I can see! Thank you for sharing your information Shahida, I wish I had read this two years ago- perhaps I would have escaped sooner knowing what was going on in my brain!Becky

As a therapist who specializes in the recovery from psychological abuse, I often have the need to describe to clients how an abusive relationship causes biochemical shifts within them and the type of detoxing that must take place for recovery. Shahida Arabi does an excellent and thorough job of outlining the exact changes that take place within survivors of abuse and she answers the question of Why these changes occur. I am personally thrilled that she has written on this subject because it is where I send people who want concise and correct information regarding the physiological side of psychological abuse. A must read!

I am so grateful for this author's research and her expressing the need for more research concerning the brain chemicals and the effects of abuse on them. Understanding addiction can really help a person to move forward. I believe this book can and will help a multitude of readers. If you have suffered or are suffering the effects of abuse - you must read this. And if you're one who has never experienced abuse, you should read as well so you can learn how to support loved ones in those terrible situations.

Thank goodness this book was ever written and I found it, in a world where there is such limited information about the mind of a narcissist and how they tick, I was really enlightened after reading this. Shahida Arabi's books and blog are fantastic and I would recommend them highly to anyone in a narcissistic relationship, survivors that have had the courage to leave or even for people that are just interested in the workings of a narcissist's mind. Shahida Arabi breaks it down into parts and makes such a complicated, in depth subject really easy to understand. I really felt it was as if I was having a one-on-one lesson with every page and I could really connect with the author. This

particular article delves deep into ways that the narcissist uses sex and love to manipulate your mind, taking over your world, creating a false bond that you find irresistible and ultimately you are left at risk and powerless as they ruin you. As a survivor of a narcissistic relationship, reading this months after helped me come to terms with all of the things that I had been through and empowered me. You will learn all of their crafty tricks and what is really going on in their minds, it's so interesting just how deep their mental illness goes and the addiction it creates through their behavior as well as the chemicals and hormones in your own body. This book will guide and empower you!!! It will give you all of the knowledge you need to spot the early signs and avoid people like this from coming into your life ever again. I am so thankful to the author for writing this book and her other books as each has been a real education and has helped me to move forward and be unstoppable.

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