

The Misconceptions of narcissistic abuse

Narcissistic abuse can create so much loss, pain and destruction in every part of your world – your health, your wealth, your sanity, your family, your career ... everything.

International narcissistic abuse recovery expert, Melanie Tonia Evans, estimates that up to 16% of society is severely narcissistic. This is *almost 1 in every 6 people*. She believes this is a much more accurate assessment than the mere 1% that is sometimes cited.

Most people going through narcissistic abuse don't even recognize that's what's happening and initially can't even imagine just how prevalent this issue is.

If you've experienced abuse from a narcissist in your life it's likely that you may have dealt with the following:

- This person is never remorseful and is always blaming you for any issues in their life.
- You always feel like you have to please this person, which feels like walking on eggshells and is incredibly draining.
- This person can be charming and loving one moment and treat you with disdain and contempt the next.
- They are often critical, verbally abusive and even cruel.
- You have caught them in lies and possibly cheating.
- If you have dared to question or confront them you have been smeared and discredited.
- You have been on the receiving end of atrocious behaviour that has been damaging to you and your resources.

The next misconception of narcissistic abuse emerges when you no longer have the toxic person in your life and you think you'll just "move on" but you quickly realize that it's not as simple as that.

The trauma you have developed becomes almost impossible to shake because it's actually deeply entrenched in your subconscious somatic being. Over time, as you endured the trauma of the narcissistic relationship your inner identity became severely damaged.

Your identity inevitably becomes one of a "victim". And it's difficult to recover from that if you've been dependent on the abuser for a long time, isolated from your support network and stripped of your self-esteem.

Melanie Tonia Evans knows all about this sad phenomenon, because she experienced two life and near-death narcissistic abuse relationships that left her with medical conditions that she was told were impossible to heal. Yet she healed herself, against all odds, and became the world's leading expert in narcissistic abuse recovery.

You will need help to heal from this abuse. I certainly did.

For over 10 years Melanie has helped tens of thousands of people completely break away from narcissists to create an abuse-free life, just like she did. She has also written a best selling book called *You Can Thrive After Narcissistic Abuse* with a foreword by Dr. Christiane Northrup, and has been on Hay House Radio and made numerous TV appearances. Melanie's healing methods have now touched the lives of many millions of people worldwide, including myself, making it the number one narcissistic abuse healing system in the world.

It is Melanie's heartfelt mission to help as many people as she can, heal for real, so that no one has to remain devastated and diminished by abuse, or continue living the patterns of interpersonal abuse.

Melanie is deeply committed to guiding people to heal and grow in ways that they can hardly imagine, and the great news is that this does NOT take decades of therapy to achieve.

It also doesn't entail years of limitations, deprivation and pain to get there.

In fact, true recovery is quite the contrary.

When you know how to release your internal trauma and false beliefs that have been imprisoning you in suffering, very fast shifts and changes in your life occur.

Not only can you access and find the way to get true relief and healing from the trauma of a toxic relationship... It will happen in timeframes and ways that will STUN you...

Ways that completely eliminate the old battle of a long drawn out timeline, with rarely getting to the light at the end of the tunnel.

On **December 19~~th~~ and 20~~th~~** **Melanie Tonia Evans** is hosting the **You Can Thrive After Narcissistic Abuse** event, which is a live on-line Premiere Global Healing workshop for anyone suffering abuse from a spouse, partner, family member, friend, boss, colleague or other individual.

Let Melanie show you how to shed your powerlessness, hopelessness and helplessness – quickly with cutting-edge information, tailored specifically for your situation.

And ... completely dissolve away all trauma symptoms of agoraphobia, PTSD, fibromyalgia, anxiety, depression, financial ruin and an inability to trust in record time.

[Click here to secure your ticket to this breakthrough abuse recovery event.](#)

Melanie will be offering some exciting bonuses for you as well! After purchasing your ticket you will get immediate access to the following:

The **“50 Traits of a Narcissist Checklist”** so you can find out whether or not you are dealing with a narcissist.

Plus an exclusive 35-minute video training called **“The 6 Mistakes That People Make When Recovering From Abuse”** which provides an excellent starting point to your healing journey.

[Click here to reserve your ticket and to receive all the special bonuses.](#)

Be Well, Be Free!

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