



The Rest is Still Unwritten: How to Rewrite Your Story After Narcissistic Abuse (Detoxify Your Life Book 7)

Angela Atkinson

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A Step-By-Step Guide to Creating the Life You Want and Deserve After a Toxic Relationship Ends

Have you recently ended a relationship with a narcissist, or are you considering doing so now? Or maybe you're the one who's been left in the lurch after yet another gaslighting episode that led to the devalue and discard phase.

In any case, whether you're already gone or you're planning to leave, you won't need to wait until your relationship with a narcissistic abuser has ended to begin working on your abuse recovery.

The Rest is Still Unwritten is the ultimate guide to help you stop just existing and start really living - and it offers you an entire plan to literally choose the rest of your life.

Narcissistic abuse is sneaky - it's invisible as far as most people can tell. And yet, it's one of the most toxic, damaging kinds of abuse you can suffer - partially because it makes you feel so utterly alone - even if you're in a crowded room.

The abuse you suffered at the hands of a narcissist cannot be downplayed: it's among the most traumatic kind of toxic treatment you can receive.

But there's good news! You aren't really alone, and there IS hope for you - you can find happiness, peace and true success in every area of your life, even after you've been relentlessly abused by a toxic narcissist.

There is a bright, beautiful and peaceful light on the other side.

This book will serve as a starting point for you as you begin your own recovery from narcissistic abuse in your toxic relationship. Whether the abuse was mental or emotional, or both, you have been left with profound scars that might feel like they'll never heal.

But with time, you'll get there - and this life-changing book, written by a fellow narcissistic abuse survivor and certified life coach, will help you do it.

It's time to reclaim your power. Are you ready? What are you waiting for? Scroll on up, get this book right now and start on your healing journey today.

Inside the Book:

Choosing Your Own Identity After Narcissistic Abuse

Creating Personal Change: First Things First

Identifying Negative Habits to Create Positive Change

Handling negativity from the people you love

Letting Go of What's Holding You Back

Creating Personal Change: Out With the Old
On Having Hope
Dealing With Extreme Anxiety
Are you having an anxiety attack? Know the Symptoms
Toxic Anxiety Caused by the After-Effects of Narcissistic Abuse
The No-Drug Solution to Anxiety-Causing Narcissistic Emotional and Mental Abuse
How do you know if you are experiencing anxiety?
Claim Your Personal Power: Don't Let the Bastards Get You Down
Learning to Fly: Create Positive Habits to Attract Positive Change
7 Ways to Get Out of a Funk
How to Use NLP and EFT for Narcissistic Abuse Recovery
How to Change Your Mind and Your Life
Take Back Your POWER!
How You Can Use NLP to Help You Manage Stress
How EFT Can Offer You Peace and Calm
Quick Primer on How to Use EFT for Narcissistic Abuse Recovery
Bliss Mission: Change Your Mind, Have a Great Day
How to Get Literally Everything You Want In Your Life Using the Law of Attraction
How to Control Your Thoughts
Don't Become Victim to Your Thoughts
Learning How to Deal With Stress, Depression and Anxiety
Managing Your Stress, Depression and Anxiety
Developing a Winning Financial Mindset
When You Look Good, You Feel Good
Putting Your Personal Recovery Plan to Work for You
What to Do When the Narcissist Won't Leave You Alone: Setting Boundaries

Plus, You'll Get These Bonuses:

1. Daily Affirmation Meditation
2. Identifying and Self-Managing Narcissistic Abuse-Related PTSD and C-PTSD

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Alvin Pryor:

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Bruce Jones:

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Solomon Steward:

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