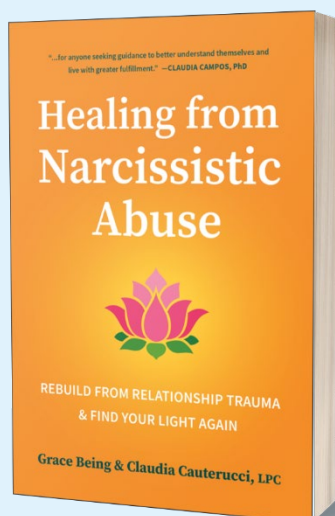


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**A foundational resource for survivors
of narcissistic abuse to help rebuild
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themselves and live with greater fulfillment.”***

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HEALING FROM NARCISSISTIC ABUSE is a comprehensive yet caring guide that chronicles the full journey through a relationship with a narcissist—unmasking the mysteries of behavioral cycles, codependency, and the role of the empath. Narcissistic abuse is a silent struggle, one many

victims don't even realize they're fighting. These relationships trap you in cycles of self-destruction—eroding your confidence, distorting your reality, and leaving you questioning your own worth.

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Let the Light Shine Through Your Deepest Wounds

GRACE BEING is a practicing mindfulness meditation practitioner based in Valencia, Spain. After healing from her own experience with narcissistic abuse, she dedicated her life to sharing the mindfulness techniques that helped her break away from toxic patterns. Grace currently leads mindfulness sessions and operates an online recovery program for those struggling with narcissistic abuse.

CLAUDIA CAUTERUCCI, LPC, is a certified trauma-informed psychotherapist who started her own psychotherapy private practice in 2003. Located in downtown Washington D.C., she specializes in interpersonal mindfulness and neuroscientific approaches to trauma. She is the creator of the Dynamic Meditation Healing Modality and Dynamic R-Evolution Movement.

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