NVR 2 L8

Books and Journals, Resources for Learning and Self-Reflection

These resources have been identified through heartfelt research and a deep exploration of emotional and psychological abuse, relationship dynamics, boundaries, self-awareness and personal growth. Not all resources will resonate with everyone. They are shared as options for those looking for more. Engagement with this information is entirely within your control. Safety and well-being are what matter most.

The following books provide insight into navigating and recognizing the emotional and psychological abuse. They also provide understanding, language and a different perspective.

When Love Is a Lie: Narcissistic Partners & the Pathological Relationship Agenda

By Zari L. Ballard
https://amzn.to/4h3GTBL

Breaking Up With a Narcissist: The Little Book of No Contact

By Zari Ballard
https://amzn.to/4diWP1R

It's Not You: Identifying and Healing from Narcissistic People

By Ramani Durvasula PhD
https://amzn.to/3SFz5hy

Becoming the One: Heal Your Past, Transform Your Relationship Patterns and Come Home to Yourself

By Sheleana Aiyana
https://amzn.to/4Ahnp5A

You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life

By Jen Sincero
https://amzn.to/4j1RDTJ

In addition to books, for many, writing is a comfort and a form of release. The following journals are also extremely helpful.

You Are a Badass® Guided Journal: Practices to Embrace Your Greatness and Create an Awesome Life
By Jen Sincero
https://amzn.to/4xyHoKs

Greenlights: Your Journal, Your Journey
by Matthew McConaughey
https://amzn.to/3UShIdZ

A gentle reminder that knowledge is power and provides strength through the words of others. We send love and light along with kindred support and positivity when navigating this phase of the journey.

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