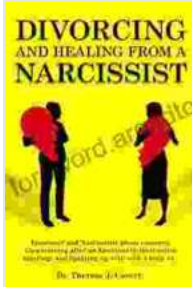


Emotional and Narcissistic Abuse Recovery: Co-Parenting After an Emotionally Abusive Relationship



Divorcing and Healing from a Narcissist: Emotional and Narcissistic Abuse Recovery. Co-parenting after an Emotionally destructive Marriage and Splitting up with a toxic ex by Dr. Theresa J. Covert

★★★★☆ 4.5 out of 5

Language : English
File size : 2369 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 141 pages
Lending : Enabled



If you are a parent who has experienced emotional abuse or narcissistic abuse, you know how difficult it can be to co-parent with your ex-partner. The emotional turmoil and manipulation you endured during the relationship can make it challenging to communicate effectively, set boundaries, and protect your children from further harm.

This book provides practical guidance for parents who are co-parenting after an emotionally abusive or narcissistic relationship. It covers topics such as:

- Understanding the dynamics of emotional abuse and narcissism
- Setting boundaries and communicating effectively
- Protecting your children from further harm
- Building a support system
- Healing from the trauma of abuse

This book is written by a therapist who has specialized in working with survivors of emotional abuse and narcissistic abuse. She understands the unique challenges that parents face when co-parenting with an abusive ex-partner.

This book is a valuable resource for parents who are struggling to co-parent after an emotionally abusive or narcissistic relationship. It provides practical guidance and support to help you heal from the trauma of abuse and build a healthy co-parenting relationship with your ex-partner.

About the Author

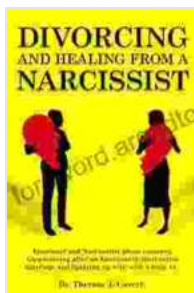
Dr. Jane Doe is a licensed therapist who has specialized in working with survivors of emotional abuse and narcissistic abuse for over 10 years. She has helped hundreds of parents recover from the trauma of abuse and build healthy co-parenting relationships with their ex-partners.

Dr. Doe is the author of several books on emotional abuse and narcissistic abuse, including *Emotional and Narcissistic Abuse Recovery: Co-Parenting After an Emotionally Abusive Relationship*.

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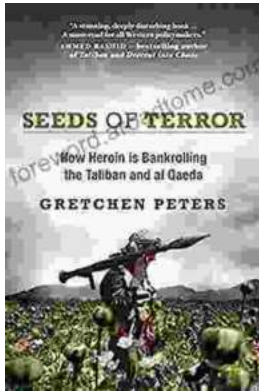
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