

Download Out Of The Fog Moving From Confusion To Clarity After Narcissistic Abuse

Melanie Tonia Evans is an international narcissistic abuse recovery expert. She is an author, radio host, and founder of Quanta Freedom Healing and The Narcissistic Abuse Recovery Program. Melanie's healing and teaching methods have liberated thousands of people from the effects of narcissistic abuse world-wide. I am a self-help junkie, former advocate for victims of domestic violence, current psychiatric RN, as well as being a recovering victim of Narcissistic abuse. Every now and then, someone asks me for advice. (Yes, people are just that desperate!) Moving on with our lives after the N-relatioNship is never as easy as other folks seem to think. Narcissistic individuals tend to project a haughty persona. They do this whether they're the more "vulnerable" (i.e. neurotic) or "grandiose" (i.e. character disturbed) type of narcissist.