



Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse

Shannon Thomas LCSW

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Within every community, toxic people can be found hiding in families, couples, companies, and places of worship. The cryptic nature of psychological abuse involves repetitious mind games played by one individual or a group of people.

Psychological abuse leaves no bruises. There are no broken bones. There are no holes in the walls. The bruises, brokenness, and holes are held tightly within the target of the abuse.

A guided Personal Reflections journal is included in the back of the book to help the reader go deeper in their application of the six stages of recovery. The journal can be used individually, in a small group setting, or with a therapist.

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