

Resources / *Websites*

Safety first

If you do not have a Safety Plan or feel in danger, please contact your local Domestic Violence Shelter or the National Domestic Violence Hotline (1-800-799-SAFE). You can chat with an advocate at www.TheHotline.org. Both will help you through developing a safety plan to keep yourself and your children safe as you navigate leaving a destructive marriage/relationship.

These books and websites are good for recognizing Narcissism, Narcissistic Personality Disorder, Psychopathy, and Covert Passive-Aggressive Narcissists (the ones that hide in churches and schools).

Books

[SLAY the Bully: How to Negotiate with a Narcissist and Win](#) by Rebecca Zung, ESQ. (I will send you a copy after our first paid session)

[The Covert Passive-Aggressive Narcissist: Recognizing the Traits and Finding Healing After Hidden Emotional and Psychological Abuse](#). By Debbie Mirza

[Unholy Charade: Unmasking the Domestic Abuser in the Church](#) by Jeff Crippen

[Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder](#) by Bill Eddy

[Psychopath Free: Recovering from Emotionally Abusive Relationships with Narcissists, Sociopaths, and other Toxic People](#) by Jackson MacKenzie

[Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse](#) by Shannon Thomas

[Girl, Get Out!: How to Leave a Narcissist and Keep Your Kids, Money, Sanity and Soul](#) by Laura Charanza

[The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope](#) by Leslie Vernick

Support *groups*

CalledtoPeace.org (free)

WildernesstoWild.com (monthly fee)

Flyingfreesisterhood.com (monthly fee)

LeslieVernick.com (monthly fee)