



# **I Am Free: Healing Stories About Surviving Toxic Relationships With Narcissists And Sociopaths**

*LCSW, Bree Bonchay*

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This collection of stories and poems will empower readers dealing with the aftermath of a toxic relationship and serve as a wakeup call to those who are in—or think they may be in—an abusive relationship with a narcissist or sociopath.

While it's easy to find information about narcissistic abuse on the Internet, people usually find it when they're looking for answers about the confusing behavior of their partner, spouse, or relative. There is little education or public awareness about this type of abuse, and survivors always say they wish they had known the signs before. When they do come across articles or stories about it, they're relieved to finally have a term to describe what they formerly did not have words to express.

Written from the heart of survivors, *I Am Free*, validates and inspires the victims of toxic relationships with the experiences of people from all walks of life—featuring both women and men who have found the courage to survive abusive relationships either as adults or as children raised by narcissists and sociopaths.

These vignettes are heavy, raw, and painful, but the ultimate message is one of hope—that it is possible to gain happiness and freedom after narcissistic abuse.

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