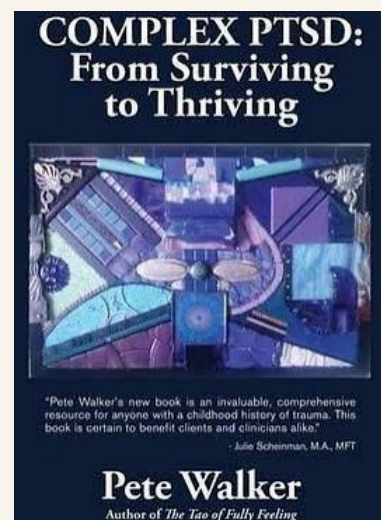
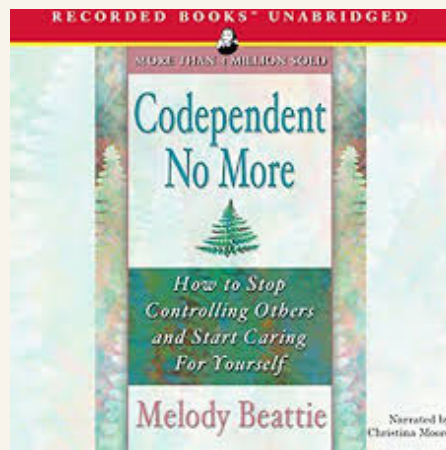
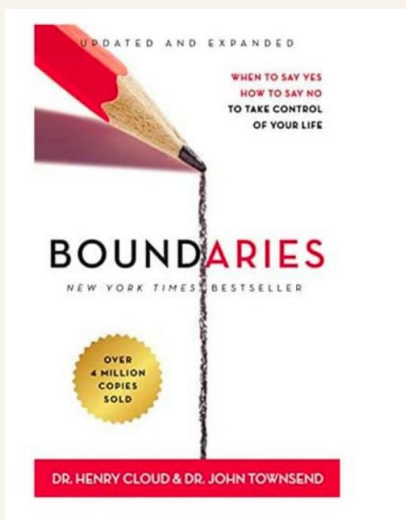


# LIFE AFTER THE NARCISSIST

ROADMAP TO NORMALCY AFTER NARCISSISTIC ABUSE

Documentary made by narc victims:

<https://youtu.be/pfE-u2NzyQw>

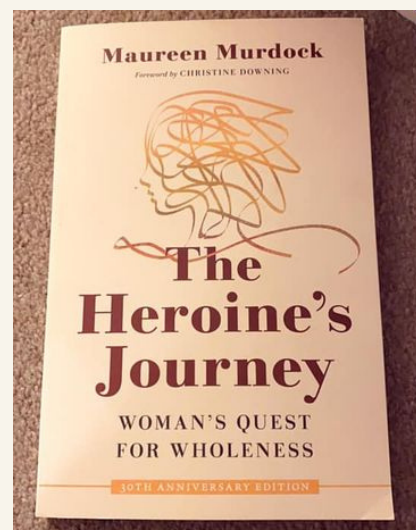
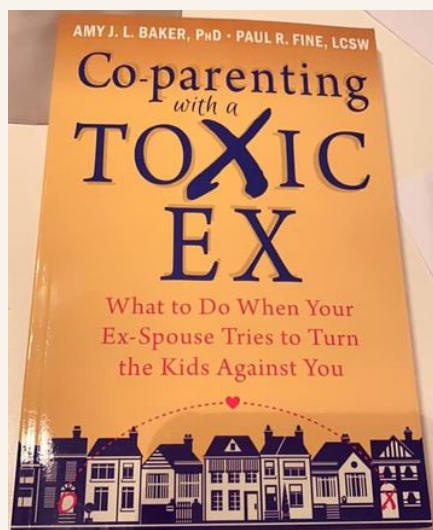
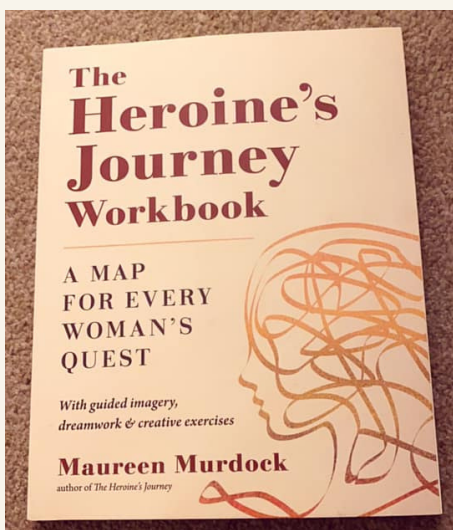


free downloadable resource:

<https://survivingnarcissism.tv/understand-the-narcissist-50-narcissism-terms/>

Richard Grannon: boundaries based on values & personal morality

<https://youtu.be/Gl8JnOPMgJs>



Al-Anon meetings

IFS (Internal Family Systems) therapy

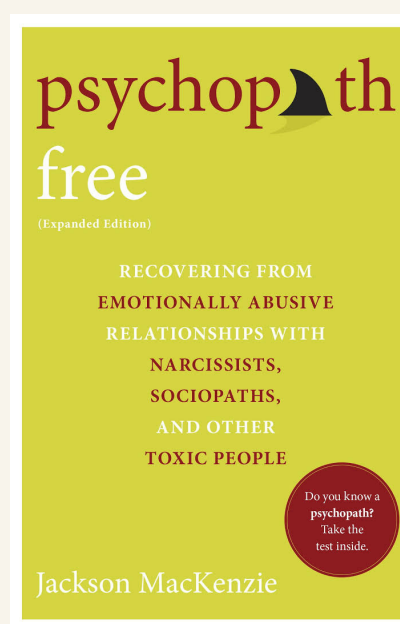
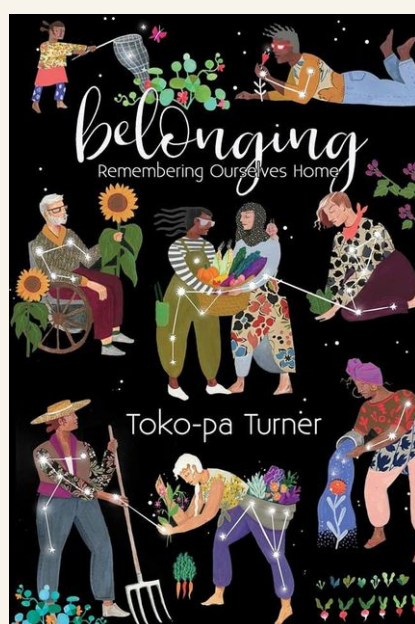
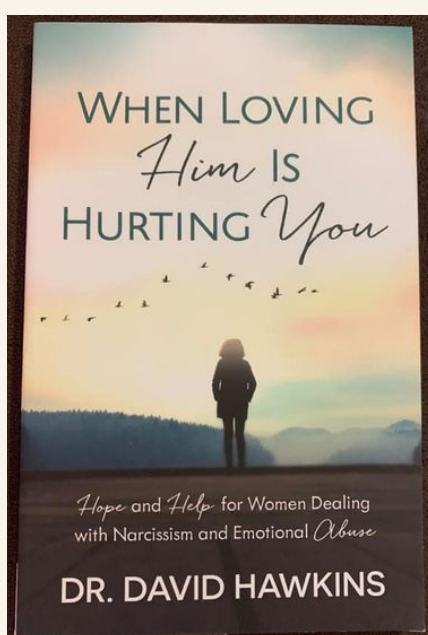
[www.traumainanutshell.com](http://www.traumainanutshell.com)

RESOURCES

## World Narcissistic Abuse Awareness

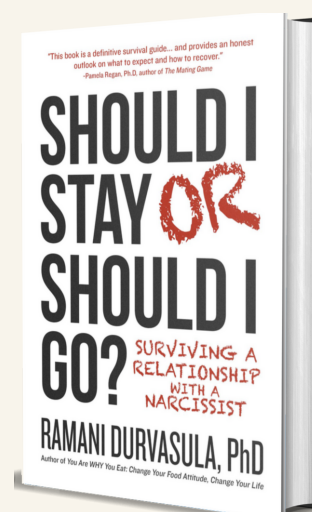
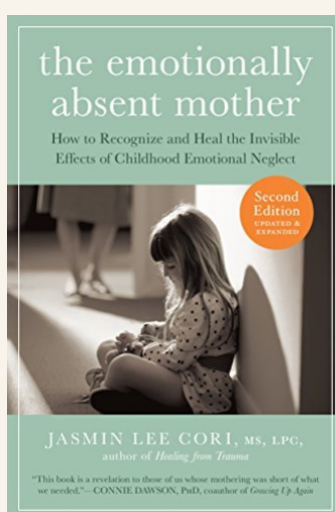
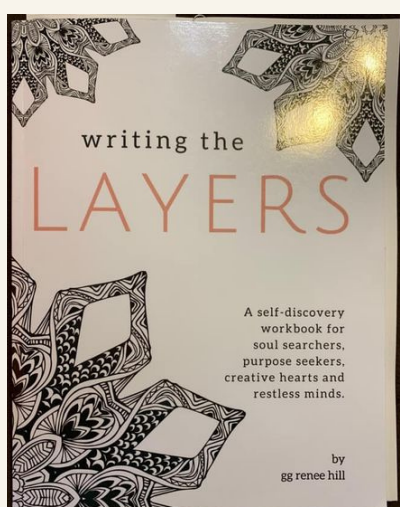
<https://wnaad.com/>

## Brené Brown about shame, guilt, courage & vulnerability



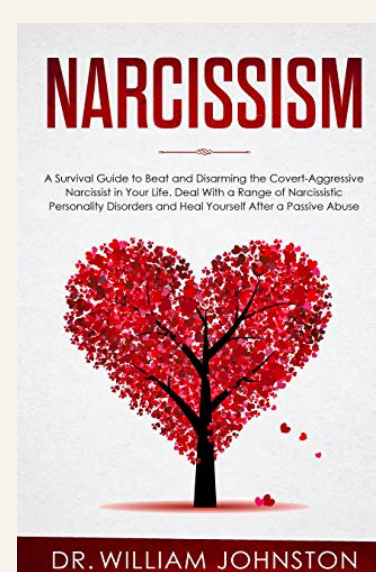
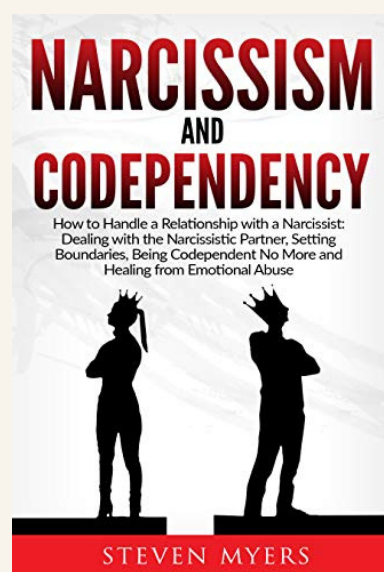
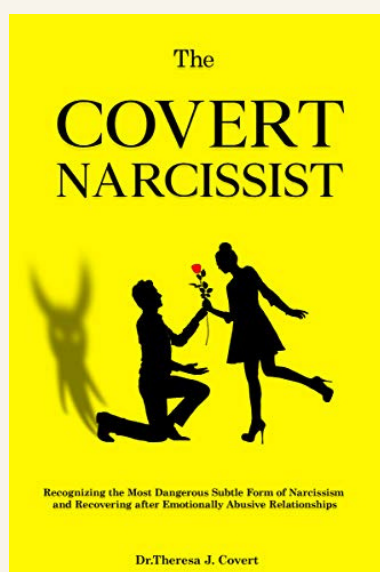
## Ramani Durvasula on TedX

[https://www.ted.com/talks/ramani\\_durvasula\\_narcissism\\_and\\_its\\_discontents](https://www.ted.com/talks/ramani_durvasula_narcissism_and_its_discontents)



## Richard Grannon: boundaries based on values & personal morality

<https://youtu.be/Gl8JnOPMgJs>



## Divorcing a Narcissist with Tina Swithin

<https://www.onemomsbattle.com/>

[www.traumainanutshell.com](http://www.traumainanutshell.com)



## TRAUMA IN A NUTSHELL™

Julia Zimmermann



### ABOUT JULIA

I am a Somatic Experiencing® practitioner and trained in accompanying people healing from trauma, stress and overwhelming experiences.

I do not only know the ups and downs of life intimately, but have gone through severe trauma myself. Having lived through 15 years of narcissistic abuse I have been where you are.

My focus is very down-to-earth healing oriented. I want my work to make a practical difference in your life. That's why including the body as well as consciousness on the journey towards greater integration is so important to me.

In my work I include a systemic approach, draw from 20 years of experience in bodywork and a deep understanding about how traumatic experience shape our way of being in life.

Knowing we are designed to heal I am curious to find the door to greater resilience together with you so that you can live your life consciously, empowered and with delight.

**LEARN MORE** and get my easy-to-understand masterclass on narcissism. It covers:

- Red flags to recognize a narcissist
  - The basic control structure of narcissism
  - Manipulation tactics
  - Effects on the victim
  - Prospect of healing from narcissistic abuse
- And receive a infographic as a bonus gift!



[www.traumainanutshell.com](http://www.traumainanutshell.com)

Know three things: It will not change.  
Abuse is not your fault. Healing is in your hands only.

**CONTACT ME**  
[julia@traumainanutshell.com](mailto:julia@traumainanutshell.com)