



## The Five Step Exit: The Skills You Need to Leave a Narcissist, Psychopath, or Other Toxic Partner and Recover Your Happiness Now (Paperback)

By Amber Ault Ph D

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you suffering in a painful relationship, uncertain whether to stay or go? Do you feel confused, trapped, exhausted or distressed in a partnership with someone who is on-and-off, up-and-down, inconsistent, cruel, unkind, crazy-making, volatile, or completely self-serving? Are you considering ending the relationship but feeling uncertain if that s the best thing for you ---and them---- or feeling worried about how to exit safely and as gracefully as possible? Do you fear that you ll never be able to recover if you leave, or that they won t? In The Five Step Exit, clinical sociologist Amber Ault, Ph.D., MSW offers clear, practical, and straight-forward strategies for exiting toxic relationships and moving into robust recovery, ease, and happiness. Written in a warm and accessible style, The Five Step Exit offers partners in toxic relationships a unique and practical resource: a rational, compassionate five-stage process for planning and executing an exit, responding skillfully to the dramatic challenges that you may face when you do, and recovering your happiness, health, and joy as you put a difficult relationship behind you. Dr. Ault...



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### Reviews

*It is simple in go through preferable to comprehend. It is full of wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Leif Predovic**

*Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion.*

-- **Dr. Sarai Fisher DDS**