

## Recovery Is My Best Revenge My Experience Of Trauma Abuse And Dissociative Identity Disorder Collected Essays Book 1

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In the end I settled on Recovery is my Best Revenge because implicit within those words are two concepts that I hold very dear. Firstly, the belief that recovery is possible—it really is possible—and I know because I have experienced a significant measure of it: I am here, I have survived. Trauma is neither a life sentence nor a death sentence.

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I've accepted my circumstances and am focused on moving forward. Depending on where you are in your recovery, it may be hard to believe, but you have the ability to let to go of the hurt. You can move on to a healthy, happy and loving relationship. Your narcissist cannot. In this sense, recovery is the best revenge. Yours, Katharine

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