

# Healing from Hidden Abuse

A Journey Through the Stages of Recovery from Psychological Abuse

**Media Contact:**  
Bolt Public Relations  
(214) 238-8045  
[shannonthomas@boltpr.com](mailto:shannonthomas@boltpr.com)

## FOR IMMEDIATE RELEASE

### **Tantor Media to Release AudioBook for “Healing from Hidden Abuse: A Journey Through The Stages of Recovery from Psychological Abuse”**

*North Texas Therapist and Survivor Delivers Roadmap to Recovery for Victims and Survivors*

**DALLAS – May 3, 2017** – Tantor Media, a leading independent audiobook publisher, today announced the audiobook release of “Healing from Hidden Abuse: A Journey Through The Stages of Recovery from Psychological Abuse,” a novel by Shannon Thomas, on Tuesday, May 9. In her first self-published book, North Texas therapist Shannon Thomas narrates the raw and emotional journey that psychological abuse victims face. With a roadmap to recovery, including her Six Stages of Healing, Thomas helps those suffering to wake up, heal and rebuild. A valuable tool for both victims and therapists, “Healing from Hidden Abuse” will now spread the message of recovery to readers and audiobook listeners alike.

Thomas is one of the few in the field to bridge the gap between pop culture and clinical advice. “Healing from Hidden Abuse” and Shannon’s Six Stages of Healing have been met with favorable reviews and high applause from readers and medical professionals domestically and abroad.

Shahida Arabi, author of “Becoming the Narcissist’s Nightmare” said, “Few writers are able to connect research, experience, and intuitive understanding as Shannon Thomas does in her groundbreaking new book. I highly recommend this life-saving book for survivors.”

The Six Stages of Healing, as detailed in “Healing from Hidden Abuse,” include:

1. Despair: The realization that life has become unmanageable.
2. Education: Learning the specific methods of psychological abuse.
3. Awakening: Awareness that other people have had similar experiences and recovery is possible.
4. Boundaries: Implementing emotional and/or physical distance with an abuser.
5. Restoration: Living purposefully to restore what was lost during the abuse.
6. Maintenance: Returning to earlier stages to heal at a deeper level and maintaining recovery from abuse.

Thomas explains, “Psychological abuse leaves no bruises. There are no broken bones. There are no holes in the walls. The bruises, brokenness, and holes are held tightly within the target of the abuse. There is so little understanding and step-by-step process for psychological abuse victims to find healing. As a counselor and survivor, I decided to shed light on the crippling effect of this hidden abuse and build the model of recovery to help targets go deeper with their healing.”

“Healing From Hidden Abuse: A Journey Through The Stages of Recovery from Psychological Abuse” audiobook, narrated by Wendy Tremont King, will be available for purchase starting May 9 in both the retail and library markets through Amazon, iTunes, Hoopla, OverDrive and One Click Digital. For more information about Shannon Thomas and to purchase a print copy of “Healing from Hidden Abuse,” visit <http://shannonthomas.com>.

## **About The Author**

Shannon Thomas, LCSW is a licensed clinical social work supervisor, and the owner and lead therapist of an award-winning private practice-counseling agency in Southlake, Texas. Her passion is helping people overcome life challenges and seeing abuse survivors living to their fullest potential. She approaches her counseling work from the lens of a therapist and as a fellow survivor of psychological abuse.

**About “Healing from Hidden Abuse”**

Within every community, toxic people can be found hiding in families, couples, companies, and places of worship. Psychological abuse is all inclusive, happening all around the world and affecting all ages, genders, ethnicities and economic standings. “Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse” explains the ins and outs of psychological abuse and the steps needed to recover from it. Bridging clinical advice with pop culture language, Shannon Thomas shares a unique voice with her readers and followers. For more information and to purchase a copy of the book, visit <http://shannonthomas.com>.

# # #