

# Toxic Relationship Expert Reveals #1 Method To Heal

Did you know that the majority of people who suffer a toxic relationship never get over it?

Sadly, they often face debilitating psychological and health effects for years and sometimes decades after the relationship has ended.

Some extremely rare individuals just seem to be able to 'get over it' and move on after terrible abuse, but for most people this just isn't possible. Perhaps you know all about that and have unfortunately been dealing with extreme emotional wounding and a decreased ability to function as your norm.

If this is a resounding 'YES!' for you then you are likely suffering from the effects of narcissistic abuse.

You may be one of those people who has pushed the pain down, or has compartmentalised it in an attempt to just carry on, only to have it eventually bubble up and erupt at some later stage of life.

So many individuals are faced with the shock of discovering just how impactful toxic relationship trauma is, and how it can bring them to a place where they can't move forward anymore, no matter how much they thought they had overcome it.

This is in no way limited to intimate partner relationships. It can be with a family member, an authority figure, someone in your workplace, a toxic neighbour, a friend – literally anyone at all.

These types of relationships are not like others, they are very difficult to move on from and are highly toxic. Often the trauma can be so severe that many victims are at risk of long-term disorders and illnesses that leave them depleted and debilitated.

If you are still dealing with health impacts such as depression, anxiety, fibromyalgia or adrenal fatigue then you may be suffering from narcissistic abuse syndrome.

Melanie Tonia Evans knows all about this phenomenon, as she herself experienced two life and near-death narcissistic abuse relationships that left her with medical conditions that she was told were impossible to heal. This led her to create a healing method that has helped tens of thousands of people from over 120 different countries.

Today, Melanie is the #1 narcissistic abuse recovery expert in the world and she knows after 10+ years of helping people heal, just why toxic relationships are so hard to get over.

Simply put, we weren't shown how to heal from painful relationship traumas and programs within our Inner Beings. We were told we could solve our issues with our minds – by reading, researching and talking about them. But, despite our best efforts, years of therapy do not lead to resolution; instead we need to reprogram our subconscious painful programs to create ourselves as a New Healed Self. In order to support you on your healing journey, Melanie and her team at MTE are very excited to announce that they have put together a live on-line Global Masterclass to be held on **Thursday March 18th, 2021**.

[This Masterclass](#) is a **FREE live event**, which will guide you on how to rebuild your life and Thrive after suffering abuse from a spouse, partner, family member, friend, boss or colleague. It also shows you the #1 method to achieving this in the simplest and most powerful way possible.

This event not only aims to help you break free and heal from any abusive situation, but also teaches you how to create a new and empowered life that is no longer affected by toxic people.

[Click here to find out all the information and secure your FREE ticket to this abuse recovery event.](#)

After signing up for your free ticket you will get immediate access to the following:

**A BRAND NEW comprehensive eBook called Detach From a Narcissist and Get Your Soul Back**  
– Effective strategies for No and Modified Contact, Parallel Parenting & Psychic Retrieval.

An email series, which is going to **illuminate many of the difficult yet imperative topics about abuse recovery.**

And finally, access to an incredibly powerful two and a half hour live Masterclass with Melanie and her team. Where she will cover, in great detail, **the #1 method that will allow you to finally break free as fearless, empowered and narcissist-free.**

At the end of the Masterclass there will also be a Question & Answer period (which she loves doing) where you can ask her questions directly and get specific guidance.

[Click here to register for your spot](#), and do so now because seats will surely fill up.

See you on March 18th!

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