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POWER teaches us that it is important to not only understand the tactics of toxic personalities but also to recognize and combat the effects of narcissistic abuse; it guides the survivor to learning, growing, healing and most importantly of all-owning their agency to rebuild their lives and transform their powerlessness into victory.

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Shahida Arabi Shahida is the author of Power: Surviving and Thriving After Narcissistic Abuse and the poetry book She Who Destroys the Light. She is a staff writer at Thought Catalog.

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Power teaches us that it is important to not only understand the tactics of toxic personalities but

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also to recognize and combat the effects of narcissistic abuse; it guides the survivor to learning, growing, healing and most importantly of all - owning their agency to rebuild their lives and transform their powerlessness into victory.

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Narcissistic abuse is a hypernym for the psychological, financial, sexual, and physical abuse of others by someone with narcissistic traits or suffering from narcissistic personality disorder (NPD) [citation needed]. Narcissistic Personality Disorder has been referred to as a mental health condition by several medical research and journal organisations, such as, for example, the United States ...

Narcissistic abuse - Wikipedia

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Book, Wine and Time: POWER: Surviving and Thriving After ...

Then, after about 3 years of remission, the cancer came back, this time as metastatic disease. She shared her story at the 2020 Miami Breast Cancer Conference, focusing on the power of hope, the impact of doctors' words, and patient stories, and the difference between merely surviving and thriving with a cancer diagnosis.

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