**Trusting After Trauma - Season 7:**

**Thriving Beyond Narcissistic Childhood Abuse.**

**Be sure to use your unique Speaker sign-up link from the list on the promo center webpage where you see** [​(SPEAKER LINK HERE)](https://trustingaftertraumasummit.com/speaker-promo-center-tat-7/) **indicated in the copy below.**

**Subject Line Options:**

Move Beyond Childhood Narcissistic Abuse

Finally, Heal from Narcissistic Parents & Family Trauma

Finally, Heal from Parental Narcissistic Abuse

Finally, Heal from Family Trauma

Do You Have a Narcissistic Parent?

Free Yourself from Toxic Family Dynamics

Has Childhood Narcissistic Abuse Left You Unable to Trust?

Are You Struggling with the Betrayal of Childhood Narcissistic Abuse?

Do You Yearn to Recover from Parental Narcissistic Abuse?

Break Free from Narcissistic Parents & Family Trauma

Break Free from Parental Narcissistic Abuse

Break Free from Family Trauma

***SOLO EMAIL #1***

Hello <NAME>,

Many people look back on their childhood with fond memories and warm feelings for the love and support of their family.

Sadly, this is not the case for millions of people who suffered abuse or neglect growing up.

It’s not uncommon for them to recall the unsettling feelings of confusion and loneliness coupled with a nagging feeling that there is something inherently wrong with them.

Perhaps even now, you are experiencing similar feelings… and find yourself afraid of conflict, walking around on eggshells and people-pleasing.

If you struggle with this, there’s nothing wrong with you <NAME>.

Children learn to blame themselves if they live with a narcissist.

Regardless of whether you know one or both of your parents is a narcissist, or if you suspect it might be true…childhood abuse leaves lasting imprints, shaping our relationships and self-perception.

Recent studies have illuminated the staggering effects of growing up with a narcissistic parent.

From enduring emotional manipulation to internalizing feelings of inadequacy, the scars of childhood abuse can linger far into adulthood, affecting relationships, self-esteem, and overall mental health.

This cycle can be broken and that’s why I want to share this life-changing opportunity with you.

My friend Pi Venus Winslow invited me to speak at the *Trusting After Trauma - Season 7: Thriving Beyond Narcissistic Childhood Abuse.* [HYPERLINK YOUR LINK TO THE UNDERLINED TEXT IN BLUE]

[INSERT EVENT/SPEAKER IMAGE & HYPERLINK YOUR LINK TO THE IMAGE.

Beginning **October 1st,** you can join me, and several other well-known experts where we’ll discuss the intricacies of narcissistic abuse and childhood trauma and offer practical strategies, free resources, and expert guidance to empower you on your journey toward healing and self-discovery.

Click here to save your seat for this special transformational event specifically created to support adults of narcissistic parents heal the pain of the past. [HYPERLINK YOUR LINK TO THE UNDERLINED TEXT IN BLUE]

After you register, you’ll receive more information about the event and additional bonuses.

You deserve to move past the trauma from narcissistic abuse and live a joyful, fulfilling life.

Register now and take back your power. [HYPERLINK YOUR LINK TO THE UNDERLINED TEXT IN BLUE]

Here’s to your recovery,

<SIGNOFF>

P.S. Please forward this email to anyone you think would benefit from this life-changing series. Thank you for sharing!

***SOLO EMAIL #2***

Hi <NAME>,

Are you unknowingly trapped in patterns of toxic relationships similar to your childhood family dynamics?

Did you experience abuse or neglect in your childhood?

Do you ever wonder how your childhood experiences in a dysfunctional family system might be affecting your present relationships and well-being?

So many adults of narcissistic parents struggle with this, <NAME>…

And the consequences of childhood narcissistic abuse keep many people stuck in:

* Shame, guilt, and confusion
* Fear of trusting others and themselves
* Anxiety and depression
* Isolation and loneliness
* Disconnection from themselves and others
* Low self-worth and hopelessness
* Self-sabotaging patterns
* Physical and emotional health challenges

If you can relate, then **help is here**!

I want to share an amazing opportunity for you to join me for a FREE online event that I’m participating in – specifically designed for you to heal the emotional turmoil of the past and finally experience the peace, freedom, and love of healthy relationships.

It’s called *Trusting After Trauma - Season 7: Thriving Beyond Narcissistic Childhood Abuse.* [HYPERLINK YOUR LINK TO THE UNDERLINED TEXT IN BLUE] and it **begins on October 1st.**

[INSERT EVENT/SPEAKER IMAGE & HYPERLINK YOUR LINK TO THE IMAGE.

Join me and several other well-known experts participating in a discussion that will help you discover how healing from childhood trauma can liberate you from toxic patterns, empowering you to cultivate healthier connections and a more fulfilling life.

You will feel inspired, ready, and fully equipped to reclaim your authentic self, regain your personal power, and transform your life!

This online summit doesn’t cost anything, but the skills and strategies that you’ll learn will help you….

* Breakthrough the barriers of being stuck in unresolved childhood trauma
* Take charge of your life and relationships
* Learn how to start loving and trusting yourself
* Free yourself from toxic people and relationships forever
* And so much more…

My friend and colleague, Pi Venus Winslow hosts this powerful event every year and it has made a difference in the lives of thousands of people who are seeking to break free from toxic relationships and heal the pain from their past.

Will you join us, <NAME>?

Mark your calendar and save your spot for *Trusting After Trauma - Season 7: Thriving Beyond Narcissistic Childhood Abuse.* [HYPERLINK YOUR LINK TO THE UNDERLINED TEXT IN BLUE]

Register now and commit to your well-deserved recovery.

You’ll receive more information about the event plus additional bonuses as soon as you sign up!

*Secure your spot now* [HYPERLINK YOUR LINK TO THE UNDERLINED TEXT IN BLUE] and learn invaluable tools and techniques that will support you on your healing journey to reclaim your well-being and happiness.

See you there,

<SIGNOFF>

P.S. Please share the love and forward this email to anyone you think would benefit. Let's help ourselves and the people we love heal from childhood trauma!

***NEWSLETTER COPY / EMAIL #3***

Studies show that the hurt doesn't end in childhood when you grow up with a narcissistic parent.

The effects spill into adulthood, profoundly influencing decision-making, the ability to create healthy relationships, and even your physical health.

But it's not too late to mend the wounds.

If you’ve ever struggled with overcoming the effects of narcissistic abuse and childhood trauma, then please join me for a groundbreaking transformational summit:

*Trusting After Trauma - Season 7: Thriving Beyond Narcissistic Childhood Abuse.* [HYPERLINK YOUR LINK TO THE UNDERLINED TEXT IN BLUE]

[INSERT EVENT/SPEAKER IMAGE & HYPERLINK YOUR LINK TO THE IMAGE.

This free online event, **starting on October 1st,** includes 15+ experts *(including me!)* who will equip you with strategies to recover and heal from childhood narcissistic abuse and related trauma.

The realities of growing up under the influence of a narcissistic parent have startling consequences:

* **Emotional Turmoil** – Adult children of narcissistic parents often grapple with chronic emotional distress, stemming from relentless criticism, manipulation, and neglect during their formative years.
* **Identity Crisis** – Raised in an environment where their needs are overlooked in favor of their parent's ego, these individuals frequently struggle with developing a strong sense of self and often find themselves seeking validation from external sources.
* **Interpersonal Challenges** – The legacy of childhood abuse at the hands of narcissistic parents can manifest in difficulties forming and maintaining healthy relationships, perpetuating a cycle of dysfunction across generations.

Don't let the shadows of the past dictate your future.

Learn firsthand from experts who have overcome incredible challenges and have made it their life’s mission to help others do the same.

Embark on a journey of self-discovery with us as we navigate the intricate web of experiences shaped by narcissistic parenting.

Together, let's unravel the complexities and pave the path towards healing and empowerment.

Remember, it’s FREE to sign up!

Click here to register now for *Trusting After Trauma - Season 7: Thriving Beyond Narcissistic Childhood Abuse.* [HYPERLINK YOUR LINK TO THE UNDERLINED TEXT IN BLUE]

Grab this opportunity to make sense of the past, see the opportunities available to heal right now, and get the support you need to embrace a joyful, authentic life.

We look forward to seeing you there.

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***SOCIAL MEDIA POST COPY (ALL 140 CHARACTERS OR LESS)***

[USE GRAPHICS OF THE EVENT OR YOUR SPEAKER IMAGE FROM THE PROMO CENTER & HYPERLINK YOUR UNIQUE SPEAKER LINK TO THE SOCIAL MEDIA POST].

Sick of struggling to overcome the effects of childhood trauma and narcissistic abuse? Check out ​(SPEAKER LINK HERE)

Now you can learn from experts who will help you reclaim your authentic self, own your personal power, and recover from parental narcissistic abuse! Don’t miss it! ​(SPEAKER LINK HERE)

Ready to stop attracting toxic people and relationships? If you were raised by a narcissist, you can’t afford to miss this special event! Click to begin! ​(SPEAKER LINK HERE)

Did you know the key to learning how to start loving and trusting yourself is to get unstuck from unresolved childhood trauma? Find out how. Check out ​(SPEAKER LINK HERE)

Learn specific strategies that you can use to improve your adult life and relationships after growing up with a narcissistic parent. Don’t miss this FREE event! ​(SPEAKER LINK HERE)

Looking for the secret to recovering your self-worth and healing your mind, body and spirit after experiencing childhood narcissistic abuse? Get started here TODAY: ​(SPEAKER LINK HERE)

Get life-changing strategies to recover from narcissistic parents and heal past family trauma. Save your seat at this FREE online event now: (SPEAKER LINK HERE)

Join me and another 15+ experts on the ***Trusting After Trauma - Season 7: Thriving Beyond Narcissistic Childhood Abuse Summit!*** Check it out at ​(SPEAKER LINK HERE)