

**DR. JUSTINE WEBER PSY.D**

NARCISSISTIC ABUSE RECOVERY  
PSYCHOLOGIST & COACH

**HOW THE**

**F\*ck**

**DO I HEAL  
FROM THIS?**

UNDERSTANDING

**NARCISSISTIC ABUSE**

AND HOW TO PUT YOUR  
LIFE BACK TOGETHER



# How The F\*ck Do I Heal From This?

Everyone feels lost, broken & hopeless when you're stuck in a narcissistic relationship.

During healing, it is the hope that the pain will go away, and you will be able to see the sunrise again. It can feel like you can never be the person you were before. It can feel like a never-ending battle.

If you're looking at this book, you've already won. Your eyes are open, and you've realized what is going on and you are no longer willing to put up with it anymore. You can never go back because you see the truth.

As a psychologist and, someone with personal experience with narcissism, Dr. Justine Weber knows both clinical in the everyday world. She's been in a relationship with a toxic person. She shares insight into how you cannot only identify the behavior but also come back to yourself, recover, and live a life that is even better than you had before your abusive relationship.

Now that you see things clearly, and perhaps have left the relationship, now is when you can begin to pick up the pieces and put them back together. Whatever you create, moving forward is going to be so much better than what you had during your abusive relationship, because what you had before Was not good for you, and no longer an option.

Identifying their behavior, and seeing the other person for who they are, can completely change your life moving forward. The goal is about moving forward and loving yourself, and no longer feeling broken, unworthy, or less than.

This book is not a substitute for therapy, but it is definitely a starting point and can be a guide

You deserve a life of happiness, and believing you are worthy of love and belonging, and it starts with what direction you walk now.



# About Dr. Justine Weber



Justine Weber is a California-licensed psychologist. Her private practice, Serene Shift Psychological Services, is in Newport Beach, California. Justine also has a coaching business where she helps women heal and recover from narcissistic abuse. She is certified in Tina Swithin's high-conflict divorce coaching and helps women going through high-conflict divorces and dealing with legal battles. Justine is married and is the mother of four beautiful children. She resides in Nevada.

# Praise for How the F\*ck Do I Heal From This?

“Having survived a toxic relationship spanning over 22 years, I empathize deeply with the challenges that come with breaking free. As a certified Trauma Informed Somatic Coach and Narcissistic Abuse Specialist™, I was delighted to come across a book that eloquently explains the complexities of narcissism. This resource will be a beacon of hope for women who have endured narcissistic abuse, offering clarity and insight into their experiences.

*“How the F\*ck Do I Heal from This? Understanding Narcissistic Abuse and how to Put Your Life Back Together will enrich the reader's understanding of trauma caused by narcissistic abuse and will be an indispensable guide for those on the path to healing. Highly recommended for anyone seeking to recover from the lasting effects of narcissistic relationships.”*

**Tanya Bashor**

**Trauma Informed Coach & Hypnotherapist at Impart Clarity LLC**

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“This is more than a book: it's a life raft for those who are treading water with a narcissist. As a survivor of a toxic work environment, I've been there. You feel utterly overwhelmed by information, while at the same time isolated and without direction. Dr. Justine Weber does something remarkable by combining concrete, empathic guidance with the voices of her patients to guide us to find the way forward.”

**Deidra Smith, Survivor of a Narcissistic Boss**



# Praise for How the F\*ck Do I Heal From This?

“Dr. Justine Weber’s *How the F\*ck Do I Heal from This? Understanding Narcissistic Abuse and how to Put Your Life Back Together* helped me finally realize that my previous dysfunctional relationships with narcissists eroded my confidence. My inner voice told me something wasn’t right, yet I was always second-guessing myself, wondering if I was the problem.

“Dr. Weber’s real-life examples of how narcissists promote those feelings of doubt echoed my past experiences. Now I understand the many forms of manipulation narcissists use. I know I wasn’t doing anything wrong, except putting up with their selfishness, criticism, and undermining. Because I identify with an anxious attachment style, standing up for myself has been difficult. Dr. Weber motivated me to trust my intuition going forward. Her advice to accept what happened, develop a compassionate inner dialog, and advocate for what I need is the new path I’m taking. I intend to never have another relationship with a narcissist, and I believe that someday there will be someone out there who will value me.”

## **Julie Simmons, Teacher**

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“I was raised by a narcissistic parent, although I wasn’t aware of this term or even that my parent was one until I was an adult and in therapy. My experience led me to relationships, friendships, and even work environments with narcissist people. My whole adult life, I have embarked on a healing path, not only for myself but as a career as well. I struggled and still do, at times, thinking that something is innately wrong with me, and I am the problem; but I now have tools to help me set appropriate boundaries and cultivate deep self-love for the journey I’ve been on. Dr. Weber has been one of my most trusted confidants and experts on narcissism, and after reading this book, I can confidently say that, if you are considering this book for a first step in healing, to continue understanding and self-compassion for your trauma, or to help support someone dear to you from a more educated place, I encourage you to read it; this book is an invaluable resource.”

## **Survivor of Narcissism, Yoga Therapist**

# Praise for How the F\*ck Do I Heal From This?

*“How the F\*ck Do I Heal from This? Understanding Narcissistic Abuse and how to Put Your Life Back Together is doing what I have so many of my clients do when they come to work with me as their certified High-Conflict Divorce and Recovery Coach. These are also the powerful stories we love to share on my podcast, Untying Knots: Navigating Divorce & Healing Trauma.*

“Dr. Weber embraces her story and shares her soul with us so others won't make the same mistakes many of us have lived with. She breaks down the many forms of narcissism and explains them in an easy-to-understand guide, and uses examples to help. After reading this book, you will understand that even though our abusers made us feel like we were the crazy ones, it was all a form of manipulation they used to control us, but we didn't see it coming. This book will help you forgive yourself as you heal and hopefully ‘break the curse’ so you don't fall victim to a narcissist again.

**Melissa Ghelarducci Hancock**

**High Conflict & Co-Parent Coach Specializing in First Responders, Medical Professionals & Special Needs at I Do, I Did, I'm Done Divorce and Breakup Coaching; Certified High-Conflict Divorce and Recovery Specialist Recognized by the American Bar Association; Developmental Therapist; Early Interventionist**



# Q & A with Dr. Justine Weber

## **Can you explain what narcissism is and how someone with this will treat another person in a relationship?**

Narcissism is a term used to describe patterns of traits that are problematic behaviors for other people. Such traits are lack of empathy, inflated sense of self, admiration seeking, cannot handle criticism, antagonistic, arrogant, entitled, insecure and callous. Narcissists typically treat others in relationships with contempt, dominate conversations, interpersonally exploit others, gaslight, emotionally abuse, shift blame, use DARVO (deny attack reverse victim offender), lack capacity for intimacy, are envious, and discard others.

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## **Is there a certain type of person who typically falls victim to this abuse?**

I believe any one of us could be a victim to this personality, not just as in intimate partner but with a friend, neighbor, boss, uncle, etc. This dynamic works where victims are typically insecure, have high levels of empathy, have high levels of consciousness, and are very agreeable people. They tend to be intelligent, capable, ambitious, kind, and loyal.

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## **Why did you want to write a book about narcissistic abuse?**

When I launched my social media platform for my coaching business on narcissism recovery, I noticed it completely exploded with followers and likes. I realized how so many people are suffering and desperately needing help to heal and feel whole again. I thought that a book would be a way to connect more closely with people and offer hope that life will get better to people who are suffering. I wanted to create a basic understanding of what this is, what to expect, and how to move on.

# Q & A with Dr. Justine Weber

## **Where did the stories in your book come from?**

The majority of the stories in the book came from me. Some of the stories came from people I have worked with; however, their identities and many aspects of these stories were altered to protect them.

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## **What are some typical challenges for someone recovering from this type of abuse?**

The majority of the challenges arise from guilt, family betrayal, self-blame, dysregulated nervous system from ongoing abuse, C-PTSD, fear, anger, isolation, anxiety, and ruminating thoughts, which negatively impact sleep and appetite.

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## **Can you recommend a few simple steps for someone who knows they need to get out of a relationship like this but hasn't made a move yet?**

Find a therapist who is trauma informed. Journal daily. Read any of Tina Swithin or Dr. Ramani Durvasula's books. Surround yourself with people you can trust, who will not judge you and will be compassionate toward you. Lean into your intuition and trust that if you haven't left, it's for a reason. Be kind to yourself, and know that if you do get to the point where you do leave, it will be the right time and you will just know at that point.

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## **Who can benefit from reading this book?**

This book targets mostly women who have left a narcissistic relationship. However, this would be helpful to anyone who has had an experience with a narcissist and wants to understand what it is, what happened, and what to do next. The negative impact of narcissistic abuse is similar no matter what the dynamic is (sister, friend, husband, mother, neighbor, boss).



# Connect with Dr. Justine

***How the F\*ck Do I Heal From This?***  
is available in paperback and eBook on November 16.  
The Amazon Kindle eBook is \$0.99 on 11/16 only.



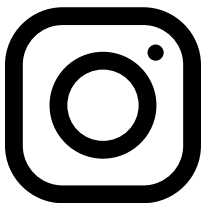
Dr. Justine Weber is represented by K2 Creative Strategies.  
She is available for interviews, speaking engagements,  
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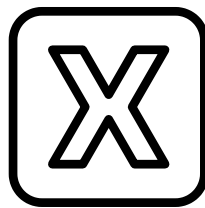


*How the F\*ck Do I Heal From This?*  
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