



The Five Step Exit: Skills You Need to Leave a Narcissist, Psychopath, or Other Toxic Partner and Recover Your Happiness Now

Amber Ault PhD

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Are you suffering in a painful relationship, uncertain whether to stay or go? Do you fear that you'll never be able to recover if you leave? In *The Five Step Exit*, clinical sociologist Amber Ault, Ph.D., MSW offers clear, practical, and straight-forward strategies for exiting toxic relationships and moving into robust recovery, ease, and happiness. Written in a warm and accessible style, *The Five Step Exit* offers partners in toxic relationships a unique and practical resource: a rational, compassionate five-stage process for planning and executing an exit, responding skillfully to the dramatic challenges you may face when you do, and recovering your happiness, health, and joy as you put a difficult relationship behind you. Dr. Ault's *Five Step Exit* recognizes the commonalities among the crazy-making behavior patterns psychologists identify as narcissistic, anti-social, and borderline personality disorders, as well as the subtle differences between them. Designed for significant others and spouses of people across these categories, including partners in heterosexual, same-sex, and queer marriages and dating relationships, the *Five Step Exit* will speak to you if you are suffering in a heart-breaking, crazy-making entanglement. Organized into five sections that give you strategic guidance, explicit steps, and heart-centered practices, *The Five Step Exit* offers comfort, encouragement, and wisdom to anyone preparing to make the liberating move of leaving a toxic relationship in the interest of living their best life possible. You deserve to be free of relationship suffering. You deserve to be in a relationship with someone who loves, cherishes, respects, and supports you, someone who consistently brings you joy. This may be hard to imagine right now, but it is possible for you. *The Five Step Exit* will help you make it happen.

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