Audiobook Release

Casting Call Information

Book: Finding Your Voice Again
Category: Self Help
Word Count: 58000
Narrator: Female, American Accent
Rate:$245PFH - Edited Files

Description

Leaving an abusive marriage can be the beginning of recovery, yet the emotional and practical struggles often continue long after separation.

This book explores how manipulation, blame, humiliation, and control can gradually erode a person's confidence within a marriage—and how to begin rebuilding a life afterward. It examines the patterns commonly described as narcissistic abuse, helping readers recognise harmful behaviour without requiring a diagnosis of their partner.

With compassion and practical guidance, the book addresses the questions survivors often carry: Why did I stay? Why do I still miss someone who hurt me? How can I trust my own judgement again? It also explores the challenges of ongoing contact, co-parenting, boundaries, and grieving the future the marriage once promised.

Throughout, readers are encouraged to reconnect with their needs, seek support, and make decisions that protect their wellbeing. Recovery is presented as a gradual process, with room for uncertainty, setbacks, and small but meaningful changes.

For anyone still in a harmful marriage, preparing to leave, or finding their way after separation, this book offers a path toward greater clarity, self-trust, and a life in which they can speak freely and feel safe.

Audition Part

Prologue

The Life You Begin to Reclaim

You may have learned to recognise the sound of a key in the door before you learned to recognise what was happening to you.

You knew how to read a face, a silence, the way a question was asked. You could sense when an ordinary evening was about to change. Perhaps you rehearsed conversations while washing the dishes, searching for words that would allow you to raise a concern without spending the rest of the night defending yourself.

Over time, this vigilance became part of daily life. You called it keeping the peace. You called it being patient. Sometimes you called it marriage.

There may also have been tenderness. Shared jokes. Family photographs. Days when you felt close to the person you married and believed you had finally found your way back to each other. Those moments mattered. They gave you reasons to hope, and they can make the truth difficult to hold even now.

How could someone who sometimes made you feel so loved also leave you feeling so afraid to speak?

That question can keep a person in a marriage for years.

The harm may have arrived gradually: a concern dismissed, a boundary challenged, an apology that somehow became yours to make. Arguments left you confused about what had actually happened. You began explaining yourself more carefully, then speaking less. Decisions that once felt natural became occasions for doubt.

Eventually, you might have found yourself asking permission for things you used to choose freely. You might have stopped telling friends what happened at home because explaining it was exhausting or because you were still trying to protect the marriage from the truth of your own experience.

This book is about what it takes to survive that kind of relationship, and what happens when the marriage ends but its effects remain.

The term *narcissistic abuse* is used here to describe patterns of manipulation, humiliation, control, and disregard for another person's needs. It is not a diagnosis of every spouse whose behaviour causes harm. You do not need to establish a diagnosis to take your experience seriously. What happened, how often it happened, and what it required you to surrender deserve attention in their own right.

Perhaps you are still married. Perhaps you have left, or your spouse has left you. Perhaps you are reading this quietly, unsure whether the word *abuse* belongs in the story of your life.

There is room here for that uncertainty.

You do not have to arrive with a perfect account of the past. You may remember some events clearly and struggle to put others into words. You may feel anger one day and longing the next. You may miss the person you married while feeling relief that you no longer share a home.

None of those feelings erase the harm.

Leaving can be a necessary step, but it does not always bring an immediate sense of freedom. Sometimes the first thing it brings is another difficult chapter.

There may be children to care for, bills to pay, belongings to divide, and messages you cannot simply ignore. Contact may continue through parenting arrangements or unresolved practical matters. An ordinary notification on your phone may still make your stomach tighten. Even in a quiet house, you may find yourself preparing for an argument that is no longer taking place.

And then there is the grief.