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Author Bio

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Quinn Morgan is the Literary Titan Gold Book Award–winning author of *Why You Felt Crazy: What Gaslighting Does to You*, *Why Leaving Is Hard*, and *How to Find Your Way Out*. Writing under a pen name, Quinn shares her lived experience while protecting the privacy of those connected to her story.

Her work explores emotional abuse, gaslighting, coercive control, trauma bonding, and the psychological confusion that often develops long before someone realizes they are in an abusive relationship. Rather than asking why people stay, Quinn examines what happens when manipulation slowly erodes a person's confidence in their own perceptions.

Since its release, *Why You Felt Crazy* has resonated with readers around the world and has been featured in international book clubs, interviews, podcasts, and discussions focused on emotional abuse awareness and recovery. The book received the Literary Titan Gold Book Award for its compassionate and insightful contribution to the conversation surrounding psychological abuse.

Quinn believes healing begins with understanding. Her writing is dedicated to helping readers recognize manipulation without judgment, rebuild trust in themselves, and understand that clarity is possible—even after years of questioning their own reality. She is available for podcast interviews, speaking engagements, media appearances, and book club discussions.



quinn@quinnmorganauthor.com



quinnmorganauthor.com



@quinnmorganauthor

Understand. Heal. Trust Yourself Again.