



YOUR CLARITY MATTERS

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Book Synopsis

Why You Felt Crazy: What Gaslighting Does to You, Why Leaving Is Hard, and How to Find Your Way Out

What if you were never "too sensitive," "overreacting," or "losing your mind"?

Why You Felt Crazy explores the psychological effects of emotional abuse, gaslighting, and coercive control through the eyes of someone who lived it. Rather than asking why people stay in unhealthy relationships, Quinn Morgan examines how manipulation gradually erodes confidence, distorts reality, and makes even the strongest people question their own judgment.

Blending lived experience with research and practical insight, the book helps readers recognize the subtle tactics of emotional abuse, understand why leaving is often far more complicated than outsiders realize, and begin rebuilding trust in themselves.

This is not a book built on quick fixes or simplistic advice. It is a compassionate guide for anyone who has ever wondered, "Was it really that bad?" or "Why couldn't I just leave?" It also offers valuable perspective for friends, family members, therapists, and professionals seeking a deeper understanding of the invisible dynamics of coercive control.

At its heart, Why You Felt Crazy reminds readers of one powerful truth:

You were never crazy. You were surviving something designed to make you question yourself.



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Understand. Heal. Trust Yourself Again.