

New Book Offers Groundbreaking Approach: The Spiritual Anatomy of Narcissistic Abuse & Recovery

"Simply the best book on spiritual psychology I have read." - Dr. Douglas Gabriel



Seattle, Washington Jul 27, 2025 ([IssueWire.com](https://www.IssueWire.com)) - New Groundbreaking Book, *The Soul's Return*, Redefines Narcissistic Abuse as a Spiritual Crisis—Not Just a Psychological One

A transformative soul retrieval guide for survivors—and a wake-up call for therapists.

Trauma isn't just psychological. It's spiritual. And *The Soul's Return* by Dr. Stefanie Bennett, Ph.D., dares to say what few in the mental health world are willing to: narcissistic abuse severs the soul from its center—and only by reclaiming it can true healing begin.

This provocative new book is not just another self-help title. It is a **revolutionary exposé on the spiritual anatomy of narcissistic abuse**—and a powerful resource for both survivors and the professionals who support them. Drawing on the esoteric insights of Rudolf Steiner's Anthroposophy and the author's own clinical and intuitive expertise, *The Soul's Return* unveils the deeper, often invisible forces that govern abuse, trauma, and fragmentation.

"This book isn't about coping. It's about coming back to yourself. It's about reclaiming the parts of your soul that were hijacked by forces most therapists haven't been trained to see—let alone heal." – Dr. Stefanie Bennett

Designed as both a **personal healing journey** and a **clinical resource**, *The Soul's Return* provides:

- A detailed **spiritual diagnostic** for understanding the metaphysical roots of narcissistic abuse
- A soul-centered map for **recovering the will**, breaking trauma loops, and healing inner fragmentation
- Tools for **therapists, coaches, and healers** seeking to support clients beyond cognitive strategies
- A rare synthesis of **anthroposophy, somatic awareness, and soul retrieval work**

In a time when trauma discourse is becoming more mainstream, *The Soul's Return* offers what's been missing: a clear, embodied path to **actual transformation—not just symptom management**.

About the Author:

Dr. Stefanie Bennett, Ph.D., is a Transpersonal Psychologist, spiritual teacher, and intuitive healer with over two decades of experience. Her work integrates depth psychology, mystical Christianity, and esoteric teachings to help people reclaim their sovereignty after spiritual trauma. *The Soul's Return* is the culmination of her life's work and field research with clients navigating the long shadows of narcissistic abuse.

The Soul's Return is available now at <https://www.amazon.com/dp/B0FF2L58ZB>

For interviews, speaking engagements, or review copies, contact Dr. Stefanie Bennett at

drstefaniebennett@outlook.com.



Media Contact

Dr. Stefanie Bennett

*****@outlook.com

253.442.0883

Source : Dr. Stefanie Bennett

[See on IssueWire](#)