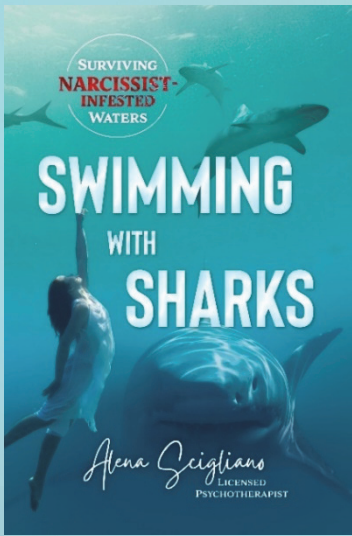


## FOR IMMEDIATE RELEASE

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### Narcissistic Abuse Expert's New Book Empowers Victims

*Swimming with Sharks* by Alena Scigliano Gives Readers the Tools to Protect, and Move On From, the Pain of Abuse



**Alpharetta, GA** – You may have been a victim of narcissistic abuse, and not even realized it. If you've never learned the signs, how would you know? Narcissistic abuse expert Alena Scigliano's new book, *Swimming with Sharks*, gives readers the knowledge to identify and deal with the narcissists in their lives, likening relationships with the toxic people in readers' lives to what it feels like to swim with sharks.

Scigliano is a trained and licensed psychotherapist who has over a decade of clinical experience working with survivor-victims of narcissistic abuse. She grew tired of not being able to help every abuse victim who was desperate for counseling, especially knowing how few mental health professionals specialize in the subject, and so *Swimming with Sharks* was born. The book is Scigliano's way of sharing her wealth of knowledge, giving readers tools and tips to identify, avoid, and try to move on from narcissists and the pain they may inflict.

"One of the most important takeaways from the book is to accept narcissists as they are, just as we accept sharks as they are, because it is the false hope that narcissists will change that keeps people stuck in these toxic and abusive relationships," says Scigliano. "It's really about the choice to stay in a relationship or not, and the realization that narcissists will never change is what frees people to choose to walk or 'swim' away from them."

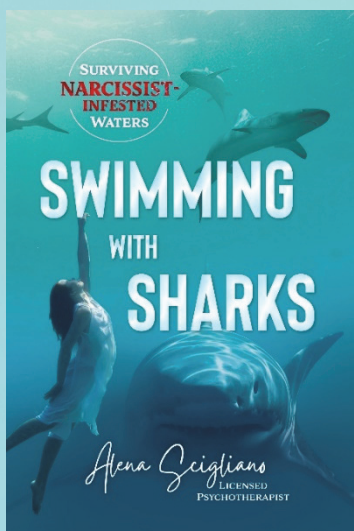
Readers will learn fundamental aspects of pathological narcissism and narcissistic abuse that are essential to understanding, surviving, and soul-mending. "*Swimming with Sharks* is written in a way that is relatable to every reader, regardless of their gender or the type of relationship they have with a narcissist," she explains. Scigliano is careful to use gender-neutral and relationship-neutral phrasing in her writing, using the terms "themselves" and "themselves" throughout the book. The book contains a variety of examples, tips, and elements, such as the Shark Detector, a guide that walks readers through questions and examples to help identify narcissistic behavior by others. Readers can also purchase the *Swimming with Sharks Growth Book*, a companion to *Swimming with Sharks*.

*Swimming with Sharks* will be available on Amazon.com, BarnesandNoble.com, and Apple iBooks on August 23, 2023.

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**About BookLogix:** BookLogix is a professional publishing house that supports authors and independent publishers. Located in Alpharetta, GA, BookLogix publishes a variety of fiction and nonfiction books. Learn more at BookLogix.com.

# SWIMMING WITH SHARKS: SURVIVING NARCISSIST-INFESTED WATERS



**“We don’t expect sharks to change their nature, so why do we hope narcissists will change theirs?”**

Relatable, easy to read, and written for any gender or type of relationship, *Swimming with Sharks: Surviving Narcissist-Infested Waters* presents unique ideas and inspiring messages that will empower readers when facing narcissistic abuse.

*“Swimming with Sharks teaches you fundamental aspects of pathological narcissism and narcissistic abuse that are essential to understanding, surviving, and soul-mending any type of relationship with a narcissist. This book will guide you in breaking free of the chains any narcissist has clasped on you in order to maintain control over you.”*

Readers will learn to: Protect themselves (*yes, we mean themselves*) using the Shark Detector—Alena’s curated list of red flags for detecting narcissists; determine if they have the symptoms of Narcissistic Abuse Stress; find healing through Alena’s Seven Stages of Soul-Mending; feel validated, release shame, and feel worthy again!

*Author Alena Scigliano is a trained and licensed mental health professional who is truly an expert in narcissistic abuse—possessing over a decade of clinical experience working with survivor-victims of narcissistic abuse and years of specializing in the subject to the exclusion of other mental health conditions. A sought-after narcissistic abuse expert, Alena has cultivated a wealth of knowledge working with survivor-victims since 2013. She draws on her experience and expertise to increase public awareness of narcissistic abuse by leveraging the power of social media, training other mental health professionals, and engaging in speaking opportunities on the subject.*



**Publication Date: August 23, 2023**

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Wholesale orders are available through Ingram.

## **Also by Alena Scigliano**



Embrace moments of growth utilizing the companion *Swimming with Sharks Growth Book* and the *Swimming with Sharks Journal*.

The *Growth Book* guides readers through their soul-mending journey and gives them access to checklists, reflection pages, growth activities, handouts, resource pages, escape tips, and more.



## BIOGRAPHY OF ALENA SCIGLIANO

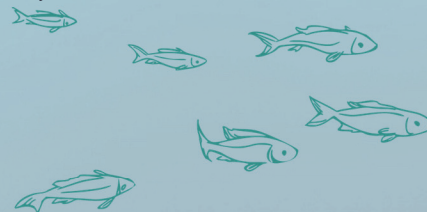


As a psychotherapist and licensed professional counselor, Alena Scigliano is one of very few formally trained mental health professionals who specializes in narcissistic abuse. In her private group practice, she provides loving and compassionate psychotherapy to those who are searching for healing from relationships with pathologically narcissistic partners, family members, friends, coworkers, bosses, pastors, and others. In addition, she supports other mental health professionals and organizations through narcissistic abuse education, training, and consultation.

Alena's personal mission is to inspire others to live with love, joy, compassion, and kindness by empowering them to choose love over fear in every facet of their life. As the founder and CEO of a multistate group practice, she has built a team of psychotherapists who are dedicated to improving the lives of hundreds of people every month. Passionate about innovating the business of counseling, Alena offered teletherapy long before COVID, and has

developed innovative forms of therapy such as "Beach & Talk Therapy" and "Indoor Walk & Talk Therapy." Alena also provides consultation to other group practice owners in order to help them improve the systems and processes operating their businesses.

Alena's mental health career was inspired by the powerful changes her own counseling journey made in her life. Therapy helped her learn that even though she and her parents shared a loving relationship, she didn't have the power to stop their alcohol abuse. In addition, it helped her let go of a lifetime of learned fear and anxiety in order to raise her own children in a much healthier environment based on love, joy, and patience. Alena enjoys sharing the difference that unschooling (an unstructured and self-directed type of homeschooling) made in her children's education and their journeys to discovering their individual selves. She passionately advocates for allowing children to hold onto their innate love of learning by embracing their individual learning styles and believes that we succeed as parents if our children know *how* to learn, grow up feeling *loved* and *accepted*, and know how to *love*, *accept*, and show *compassion* toward *themselves* and *others*.



*Author Alena Scigliano is available for interviews.*

*To schedule an interview please email [marketing@booklogix.com](mailto:marketing@booklogix.com) or call 470-239-8547.*

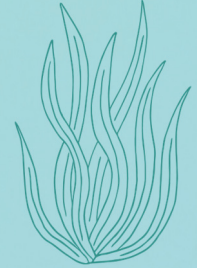
# ALENA SCIGLIANO ON WRITING

## SWIMMING WITH SHARKS

### What inspired you to write *Swimming with Sharks*?

As a trained and licensed mental health professional, my heart hurt every time I had to turn away a new patient who was desperate for counseling as a result of being narcissistically abused, especially knowing that it's nearly impossible to find other specialists in the subject. Frustrated that I couldn't do more to help these people who were deeply hurting, I initially wanted to create an online course—until my husband inspired me to write a book instead—enabling me to have a much greater potential to reach countless more people across the globe.

I am also planning to create a version of *Swimming with Sharks* that is specifically for mental health professionals, to increase the knowledge and ability of our community to identify and treat narcissistic abuse more effectively.



### How widespread is the problem of narcissistic abuse?

People are hurt by others every day, except most people don't realize how often their pain is caused by a narcissist. Pathological narcissism is the root cause of so much pain and conflict everywhere in the world. Narcissists are everywhere, and we all deal with them in our daily lives. *Swimming with Sharks* will interest anyone who is tired of feeling helpless against the toxic people around them. It gives readers a realistic and practical way of identifying and dealing with the narcissists in their lives, reducing the pain they experience, and healing from the wounds caused by narcissistic abuse.

### What do you hope readers will gain from reading *Swimming with Sharks*?

I hope readers will accept that they don't have control over getting the narcissists in their lives to change and that they should stop hoping for that change to happen, because that is what perpetuates the cycle of narcissistic abuse and enables narcissists to continue their abusive behavior. I want them to finish reading my book and feel empowered, encouraged, and full of hope in their ability to change their lives, rather than leaning on the false hope the narcissist will miraculously change. *Swimming with Sharks* will give them a strong understanding of what it means to be narcissistically abused, how to identify and set boundaries with the narcissists in their lives, how to let go of the shame attached to narcissistic abuse, and to be able to begin the process of mending their soul.

### Tell us about the companion products to *Swimming with Sharks*.

The *Swimming with Sharks Growth Book* is a workbook to use in combination with *Swimming with Sharks*. The *Growth Book* guides and supports readers through their journey of soul-mending, and includes a number of helpful resources, including checklists, reflection pages, growth activities, handouts, resource pages, escape preparation tips, and an expanded version of the Shark Detector.

I also have a *Swimming with Sharks Journal* coming soon to give readers an outlet to free write and journal as part of their healing process.

