

CLINICAL DOCUMENTATION SUMMARY

Breadcrumbs to Peace

Choosing Authenticity Over Performance

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The following summarizes the clinical and personal documentation underlying Breadcrumbs to Peace. These records span September 2022 through present — nearly four years of real-time documentation created during the marriage, not retrospectively. All original records are retained and available for review upon request from qualified parties. No medical records, therapy notes, or legal documents are reproduced here.

PRIMARY DOCUMENTATION RECORD

Document	Date	Key Details	Significance
Three Physical Journals	Sept 2022 –Present	~30,000 words across 3 volumes. Written in real time as survival documents — not planned for publication.	Only known real-time case study documenting narcissistic abuse recognition from inside the relationship, before clinical vocabulary.
Psychiatric Evaluation (Saliency Health)	August 2023	Referred by spouse claiming delusional disorder. Diagnosis: GAD, environmental origin. Delusional disorder ruled out.	<i>Clinical notes: “Sent here because his wife told him he was delusional.” Perceptions confirmed accurate.</i>
Individual & Couples Therapy Notes	Ongoing	Same licensed therapist for individual and couples sessions. Spans marriage through post-divorce recovery.	Third-party professional documentation of observed patterns. Ego vs. Peace breakthrough documented Jan 28, 2026.
TMS & Psychiatric Records	2024–2025	36 TMS sessions. Medication management notes. Depression diagnosis February 2025. In-house counselor evaluations.	Physical documentation of the psychological toll. Corroborates journals and therapy notes across the same period.
Cardiac Records	Feb–Mar 2024	Stress test (abnormal result). Cardiologist referral. Angiogram. Nitroglycerin prescription during evaluation.	Outcome: 98% heart health confirmed. Cardiac event occurred 4 months after psychiatric evaluation — peak stress period.
Legal Documentation	Jan–Jul 2025	Divorce filed January 2025. Finalized July 2025. 21-year marriage. Two sons.	Establishes documented timeline and legal resolution. Corroborates the full arc of the case study.

DOCUMENTATION TIMELINE & AVAILABILITY

Date	Event	Available Upon Request
Sept 2022	Journal 1 begins — real-time documentation starts	Full documentation timeline (annotated)
Aug 2023	Psychiatric eval — GAD confirmed, delusion ruled out	Journal excerpts (selected, by request)
Feb 2024	Cardiac event — stress test, nitroglycerin, angiogram	Psychiatric evaluation summary
Mar 2024	Angiogram clear — 98% heart health confirmed	Full chapter manuscripts (Ch. 1–7, Final)
Nov 2024	Journal 2 begins — divorce proceedings	All 12 framework development documents
Jan 2025	Divorce filed	Dr. Ramani outreach package
Jul 2025	Divorce finalized · Journal 3 begins	Clinical framework grounding notes
Jan 28, 2026	Ego vs. Peace breakthrough — session with Carol	Book Proposal (full)
Feb 2026	This summary prepared	Contact: Jim@worksandwisdom.com

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