

Geoffrey R. Jonas Receives International Recognition Through the NYC Big Book Award®!

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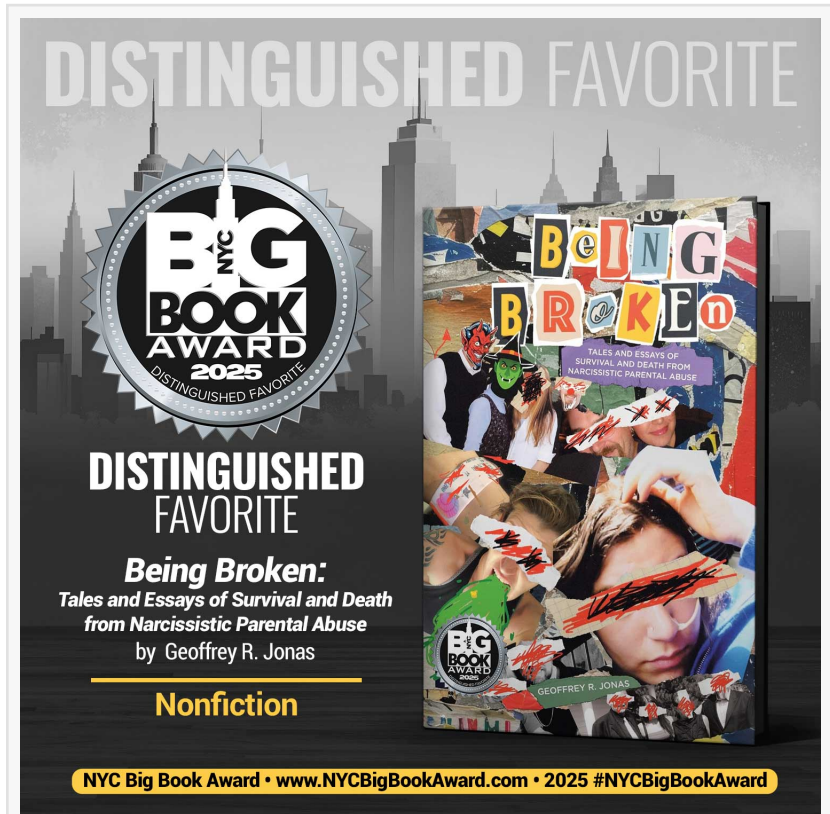
EINPresswire.com/ -- The 2025 NYC Big Book Award recognized "Being Broken: Tales and Essays of Survival and Death from Narcissistic Parental Abuse" by Geoffrey R. Jonas in the category of Nonfiction as a distinguished favorite.

The competition is judged by experts from different aspects of the book industry, including publishers, writers, editors, designers, booksellers, librarians and professional copywriters. Winners and distinguished favorites are based on overall excellence.

"Being Broken: Tales and Essays of Survival and Death from Narcissistic Parental Abuse"

A young woman dies alone in a hotel room, her fentanyl-poisoned cocaine still on the desk. She had been missing for nearly 2 weeks. Social Services had been trying to find a place for her to live with her 3-year-old son, whom she had left with her parents. Six months later her father fights for his life in intensive care, but succumbs to his illness because of a lifelong use of alcohol and tobacco. A month after his death her mother is assessed by doctors to be unable to care for herself because of her Alzheimer's and mental health issues brought on by benzodiazepine and alcohol addiction.

The son, brother, stepson is the only one left to pick up the pieces. He begins a journey of the self and finds out the truth of his family. After going over letters, notes, emails, videos, and text



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messages, he uncovers a disturbing picture of the abuse his sister suffered at the hands of their parents. He also begins to better understand his own struggles with mental health and substance addiction because of the trauma and abuse he also suffered from their parents.

Follow the son as he looks through his family history to discover the generational abuse that trickled down through the years. Learn about how parents who suffer from narcissistic personality disorder emotionally abuse and manipulate their children. See how the abuse and trauma becomes mental illness in the abused, and how they fall into vicious traps of addiction, eating disorders, self-harm, and complex post-traumatic stress disorder. Witness the transformational change of the son as he works on the recovery of his inner child and tries to become the man he was meant to be.

To learn more about "Being Broken:" and Geoffrey R. Jonas, please visit <https://geoffreyjonas.ca/>.

NYC Big Book Award received book submissions worldwide. Journalists, well established authors, small and large press, and first time indie authors participated in record numbers. Entries this year were received from the United States as well as countries such as Australia, Canada, China, Dubai, France, Germany, Italy, Portugal, Scotland, Singapore, Sweden, Switzerland, and the United Kingdom. Cities represented among the entries were Chicago, Hamburg, Los Angeles, Melbourne, New York, Quebec, Rome, San Francisco, Seattle, Singapore,



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and Victoria.

Publishers included Berrett-Koehler; Brown Books Kids; Central Avenue / Simon & Schuster; Forbes Books; New Harbinger Publications; New York University Press; Old Stone Press; Oxford University Press; Pegasus Books; She Writes Press; University of Massachusetts Press to name a few.

Winners included "What is My Legacy?" by Martin Luther King III, Arndrea Waters King, Marc Kielburger and Craig Kielburger; "Mikhail Gorbachev - How he changed our lives" by Bettina Schaefer; Berrett-Koehler's "From Founder to Future: A Business Roadmap to Impact, Longevity, and Employee Ownership" by John Abrams; The Cooking Lab's "Modernist Bread at Home" by Nathan Myhrvold; and "Wild Fox Ridge" by Xue Mo to name some key titles on the awarded list.

"With so many quality publishers and authors from around the world participating this year, I'm eager to share these books with a global readership," said awards sponsor Gabby Olczak.

View the NYC Big Book distinguished favorites: <https://www.nycbigbookaward.com/2025-favorites>.

NYC Big Book Award is announced every fall. NYC Big Book Award is open to all authors, publishers, and illustrators, and includes submissions from the big five publishers: Penguin Random House, HarperCollins, Hachette, Macmillan, and Simon & Schuster.

Join us for the Independent Press Award, deadlines every December and announced every spring, is open to independent authors and publishers. Visit: <https://www.independentpressaward.com/2025winners>.

Join us at the Awards Dinner on April 25th to celebrate the recipients of both programs as they receive their awards on stage. The dinner is part of the BookCAMP event, a publishing industry conference held in the New York metro area, April 24-25, 2026, <https://www.independentpressaward.com/ipabookcamp>.

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