

ABOUT SHUTTING OFF THE GAS TO GASLIGHTING

from best selling author
JOHN WHEELER, LPCC-S

Shutting Off the Gas to Gaslighting is a grounded and thought-provoking exploration of one of the most misunderstood dynamics in relationships today. While gaslighting is often described as manipulation, this book offers a deeper and more precise understanding: gaslighting is not simply about influence—it is about control. It works by creating self-doubt, distorting perception, and gradually disconnecting individuals from their own sense of reality.

Drawing from both clinical experience and a consciousness-based approach, John Wheeler, LPCC-S, guides readers beyond surface-level definitions and into the lived experience of gaslighting. Through real-world examples, reflective insights, and practical tools, he reveals how these patterns show up not only in romantic relationships, but also in families, workplaces, and broader cultural environments.

Rather than focusing on diagnosing or fixing others, the book shifts attention back to the reader. It explores how gaslighting is sustained, why it is often difficult to recognize in the moment, and how individuals can unknowingly participate in the cycle through self-doubt and the need for validation. At its core, this work is an invitation to reconnect with what you already know.

Shutting Off the Gas to Gaslighting is not about fighting or proving your reality—it is about reclaiming it. By developing awareness, recognizing patterns in real time, and learning to trust your own perception again, readers are empowered to step out of confusion and into clarity. The result is not just freedom from gaslighting, but a deeper relationship with oneself—one rooted in presence, choice, and self-trust.

SHUTTING OFF THE GAS TO GASLIGHTING

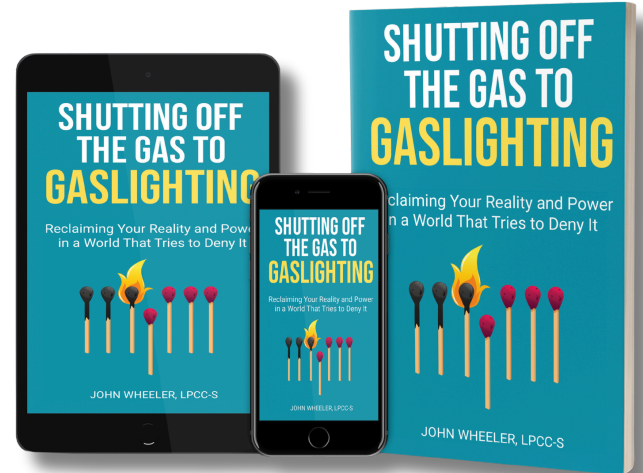
Book Blurb

Shutting Off the Gas to Gaslighting shows you how to stop feeding the cycle and reclaim your voice. With clarity, humor, and compassion, John Wheeler blends his expertise as a therapist with powerful energetic tools to guide you out of confusion and back into your own awareness.

You'll learn to:

- Spot the difference between influence, manipulation, and gaslighting
- Stop self-doubt before it takes hold
- Navigate toxic dynamics without losing yourself
- Reclaim your freedom through presence, choice, and allowance

This isn't about fighting the gaslighter-it's about reclaiming you. If you're ready to stop supplying the fuel and start creating your own reality, this book is your roadmap to freedom.



Title

Shutting Off the Gas to Gaslighting: Reclaiming Your Reality and Power in a World That Tries to Deny It

Genre

Self-Help, Personal Development, Psychology, Mental Health, Relationships, Emotional Healing, Trauma Recovery, Narcissistic Abuse, Personal Growth

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Where to Purchase



“

I CRIED SEVERAL TIMES WHILE
READING AS OLD THINGS CAME
UP OR SHIFTED WITHIN ME.

- K.S.

”



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REVIEWS

THE THINGS THEY SAY

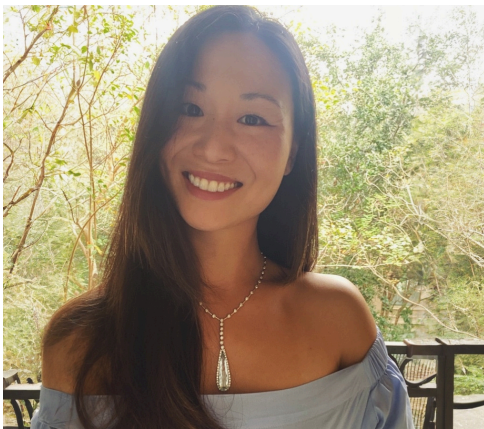
These reflections offer a glimpse into the impact of *Shutting Off the Gas to Gaslighting* and the conversations it is opening around self-trust, awareness, and reclaiming personal reality. From readers to colleagues and early reviewers, each response speaks to the book's ability to name what many have experienced, validate what they know, and invite a deeper sense of clarity, choice, and self-reclamation.



THURAYA DARWISH

John opened my eyes to so much of what I had been keeping hidden from myself—me. It felt like a veil had finally been lifted. I'm so grateful for the way he facilitates this topic with such lightness and joy.

Having a space where these conversations can happen safely and with empowerment has truly allowed me to access more of my own greatness. I am infinitely grateful.



EMILY LAU

Gaslighting has become a popular topic in recent years, but this book shows that it's not just a weapon used against others or a way to validate one's own victimhood. This book is truly a reclamation of self.

John seamlessly bridges the therapeutic and consciousness-based worlds, gently and effectively guiding the reader back to a sense of themselves—one that exists beyond even a shred of doubt.



BECKY VANNES

"Shutting Off the Gas to Gaslighting" is a powerful and eye-opening read. I found his insights on gaslighting both relatable and empowering. He breaks down how to recognize gaslighting in our lives and offers actionable steps to confront it head-on.

The book is structured in a way that feels like a conversation with a wise friend.

HELLO, I'M JOHN WHEELER, LPCC-S

I'm a licensed therapist, author, and workshop facilitator whose work centers on helping people recognize gaslighting, rebuild self-trust, and reclaim their reality. Through both clinical practice and a consciousness-based approach, I've worked with individuals from all walks of life who found themselves questioning what they knew, minimizing their awareness, or losing a sense of themselves in relationships, work environments, and family dynamics.

What I began to notice over and over again was this: people weren't lacking clarity—they were being disconnected from it. Whether through subtle manipulation, ongoing emotional control, or internalized self-doubt, many had learned to override what they perceived in order to maintain connection, avoid conflict, or meet expectations. That observation became the foundation for my work and ultimately led to my book, *Shutting Off the Gas to Gaslighting*.

My approach is not about diagnosing others or assigning blame. Instead, I focus on awareness—helping people recognize patterns in real time, understand how gaslighting operates both psychologically and energetically, and develop the ability to trust what they know without needing external validation. I integrate therapeutic tools with practical, moment-to-moment awareness so people can move out of reaction and into choice.



STOP QUESTIONING YOURSELF.

One of my biggest goals in everything I do is to empower people to own who they are and create their lives in the way they truly desire. As someone who spent much of my childhood being bullied, I learned firsthand the strength that comes from knowing who you are and not losing sight of the future you can create.

Never let anyone stop you—and please, stop questioning yourself.

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TALKING POINTS

WHAT IS GASLIGHTING, REALLY?

Most people think gaslighting is just manipulation, but it's more specific than that. Manipulation tends to be about getting a result. Gaslighting is about control—it works by creating self-doubt and gradually disconnecting you from your own reality. The goal isn't just to influence you, it's to make you stop trusting what you know.

WHY DO PEOPLE FEEL “CRAZY” WHEN THEY'RE BEING GASLIT?

Because their reality is being overridden in real time. They're experiencing something, but being told it didn't happen, didn't mean that, or shouldn't feel that way. Over time, that creates a split—you start questioning your own perception instead of questioning the situation. That's where the confusion comes from.

HOW IS GASLIGHTING DIFFERENT FROM NORMAL CONFLICT IN A RELATIONSHIP?

Conflict still allows for two realities to exist. Gaslighting doesn't. In healthy conflict, you can disagree and still be seen. In gaslighting, your experience gets dismissed, minimized, or rewritten. The conversation isn't about resolution—it's about control.

WHY DO PEOPLE STAY IN GASLIGHTING SITUATIONS EVEN WHEN SOMETHING FEELS OFF?

Because gaslighting doesn't usually start obvious. It's gradual. There's often a mix of connection, care, and confusion. And once self-doubt is in place, people stop trusting the very awareness that would tell them something's wrong.

WHAT IS THE “GAS SUPPLY” YOU TALK ABOUT?

The gas supply is what keeps the dynamic going—your reactions, your need for validation, your attempts to explain yourself, to fix it, or to be understood. None of that is wrong, but it feeds the cycle. When you step out of reaction and return to what you know, the dynamic starts to lose its power.

CAN GASLIGHTING HAPPEN OUTSIDE OF ROMANTIC RELATIONSHIPS?

Absolutely. It shows up in families, workplaces, friendships, and even at a cultural level. Anywhere someone's reality is consistently dismissed or overridden, you'll see similar patterns. It's not limited to one type of relationship—it's a dynamic.

WHAT IS SELF-GASLIGHTING?

Self-gaslighting is when you've internalized those patterns. You start questioning yourself automatically—“Maybe I'm overreacting,” “Maybe I misunderstood,” “Maybe it's me.” Even when no one else is doing it, the pattern continues internally. That's often the hardest part to unwind.

WHAT'S THE FIRST STEP SOMEONE CAN TAKE TO BREAK OUT OF GASLIGHTING?

Pause. Literally pause. Gaslighting works best when you react quickly. When you pause, even for a moment, you create space to observe what's actually happening instead of immediately questioning yourself. That space is where awareness comes back online.

WHAT DOES IT MEAN TO BECOME “UNGASLIGHTABLE”?

It doesn't mean people won't try—it means it doesn't land the same way. When you trust what you know, you're no longer dependent on someone else to confirm your reality. You don't need to argue, prove, or convince. You can see what's happening clearly and choose from there.

PRESS RELEASE

For Immediate Release

“You are not crazy. You are aware.”

John Wheeler, a licensed professional clinical counselor and facilitator, announces the release of his new book, *Shutting Off the Gas to Gaslighting: Reclaiming Your Reality and Power in a World That Tries to Deny It*.

At a time when conversations about gaslighting are becoming more common, Wheeler offers a perspective that goes deeper than traditional definitions. Rather than framing gaslighting as simple manipulation, he presents it as a system of control—one that creates self-doubt, overrides personal awareness, and gradually disconnects individuals from their own sense of reality.

“Most people think gaslighting is just someone lying or twisting the truth,” Wheeler explains. *“But it’s more than that. It’s about replacing your reality with someone else’s—and over time, teaching you not to trust what you know.”*

Drawing from years of clinical experience as well as consciousness-based tools, Wheeler combines psychological insight with a broader understanding of how gaslighting operates emotionally, mentally, and energetically. The book explores not only how gaslighting happens in relationships, but also how it shows up in families, workplaces, and cultural dynamics.

Readers will learn how to:

- Recognize gaslighting patterns in real time
- Understand the difference between manipulation and control
- Identify how self-doubt is created and reinforced
- Stop contributing to the “gas supply” that keeps the cycle active
- Rebuild self-trust and reconnect with their own awareness

A key theme of the book is that freedom from gaslighting does not come from confronting or fixing others, but from reclaiming one’s own clarity.

“When you begin to trust yourself again, the entire dynamic changes,” Wheeler says. *“You’re no longer at the effect of someone else’s version of reality.”*

Shutting Off the Gas to Gaslighting is designed not just as a book to read, but as a tool for reflection and change—offering practical frameworks, real-world examples, and questions that invite readers back into their own awareness.

The book is now available online.

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