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like dr elisabeth kubler ross s groundbreaking on death and dying susan anderson s book clearly defines the five phases of a different kind of grieving grieving over a lost relationship an experienced professional who has specialized in helping people with loss heartbreak and abandonment for more than two decades susan anderson gives this subject the serious attention it deserves the journey from abandonment to healing is designed to help all victims of emotional breakups whether they are suffering from a recent loss or a lingering wound from the past whether they are caught up in patterns that sabotage their own relationships or they re in a relationship where they no longer feel loved from the first stunning blow to starting over it provides a complete program for abandonment recovery

the fear of abandonment is one of our most primal fears and deservedly so its pain is often overwhelming and can leave its mark on the rest of your life in the midst of the hurt it s hard to see an end to your feelings of rejection shame and betrayal in this updated edition of the groundbreaking book susan anderson a therapist who has specialized in helping people with loss heartbreak and abandonment for more than thirty years shares recent discoveries in neuroscience that help put your pain in perspective it is designed to help all victims of emotional breakups whether you are suffering from a recent loss or a lingering wound from the past whether you are caught up in patterns that sabotage your own relationships or you re in a relationship in which you no longer feel loved from the first stunning blow to starting over it provides a complete program for abandonment recovery going beyond comforting words to promote real change this healing process will help you work through the five universal stages of abandonment shattering withdrawal internalizing rage lifting by understanding their biochemical and behavioral origins and implications new hands on exercises for improving your life will teach you how to manage the inevitable pain then go on to build a whole new concept of self increase your capacity for love and find new love on a deeper and richer level than ever before

have you ever been abandoned by someone you thought loved you how about feeling unwanted and unloved by your mother or father from abandonment to abundance is a real story of an african american girl abandoned at birth yet determined to live life abundantly throughout her life anita alston ellis struggled with self confidence and self love unable to comprehend why her mother and father weren t part of her life she goes on a journey to resolve her unanswered questions and reminisce on the childhood

experiences that made her who she is today after a long journey of struggles heartbreaks and triumphs she thought it was only befitting to reveal the truth through her challenges anita discovers her purpose in life and empowers those around her this book will inspire you to overcome life challenges and understand that a setback is only a setup for a comeback get ready to be empowered

please note this is a companion version not the original book sample book insights 1 the first fear is abandonment which is the fear that someone will leave you forever this is a primal fear that we experience as children and it stems from the fact that our survival depends on maintaining an attachment to our primary caretaker 2 the grief process is similar to that of a death but it stems from the circumstances that led up to the abandonment not from the feelings of inadequacy that often accompany it 3 the abandonment syndrome is the anguish experienced by those who have lost love and the courage to go on believing in life and in their own capacity for love it is not limited to those who are able to succeed in their relationships but can be found in the fragments of un-lived life unreached potential and unfulfilled dreams 4 the five steps of the abandonment recovery program are identify your underlying wound of abandonment take action to heal it gain new information identify unfinished business from the past and practice hands on exercises for improving your life

a powerful workshop in a book for healing from loss one day everything is fine the next you find yourself without everything you took for granted love has turned sour the people you depended on have let you down you feel you ll never love again but there is a way out in the abandonment recovery workbook the only book of its kind psychotherapist and abandonment expert susan anderson explores the seemingly endless pain of heartbreak and shows readers how to break free whether the heartbreak comes from a divorce a breakup a death or the loss of friendship health a job or a dream from the first shock of despair through the waves of hopelessness to the tentative efforts to make new connections the abandonment recovery workbook provides an itinerary for recovery a manual for individuals or support groups it includes exercises that the author has tested and developed through her decades of expertise in abandonment recovery anderson provides concrete recovery tools and exercises to discover and heal underlying issues identify self defeating behaviors of mistrust and insecurity and build self esteem guiding you through the five stages of your journey shattering withdrawal internalizing rage and lifting this book a new edition of anderson s journey from heartbreak to connection serves as a source of strength you will come away with a new sense of self a self with an increased capacity to love praise for susan anderson s the journey from abandonment to healing if there can be a pill to cure the heartbreak of rejection this book may be it rabbi

harold kushner bestselling author of when bad things happen to good people

designed to help all victims of emotional breakups whether you are suffering from a recent loss or lingering wound in this book susan anderson a therapist who has specialised in helping people with loss heartbreak and abandonment for more than twenty five years helps you put that pain in perspective

the fear of abandonment is one of our most primal fears and deservedly so its pain is often overwhelming and can leave its mark on the rest of your life in the midst of the hurt it s hard to see an end to your feelings of rejection shame and betrayal in this updated edition of the groundbreaking book susan anderson a therapist who has specialized in helping people with loss heartbreak and abandonment for more than thirty years shares recent discoveries in neuroscience that help put your pain in perspective it is designed to help all victims of emotional breakups whether you are suffering from a recent loss or a lingering wound from the past whether you are caught up in patterns that sabotage your own relationships or you re in a relationship in which you no longer feel loved from the first stunning blow to starting over it provides a complete program for abandonment recovery going beyond comforting words to promote real change this healing process will help you work through the five universal stages of abandonment shattering withdrawal internalizing rage lifting by understanding their biochemical and behavioral origins and implications new hands on exercises for improving your life will teach you how to manage the inevitable pain then go on to build a whole new concept of self increase your capacity for love and find new love on a deeper and richer level than ever before

this book provides the twelve lessons for healing from the loss of love it is presented as an allegorical tale of a child who meets a magical black swan after she is abandoned in the forest by her father this story within a story includes the author s own experience with loss

in the journey from abandonment to healing psychotherapist susan anderson guided her readers through the five stages of abandonment now she explores the seemingly endless pain of heartbreak and shows the reader how to break free one day you have it all together the next day you find yourself bereft of everything you took for granted love has turned sour the people you depend on have let you down you feel you ll never love again but there is a way out from the first feeling of hopelessness to making new connections this guide provides the itinerary for recovery moving through the five stages of your journey shattering withdrawal internalizing rage and lifting this book serves both as a source of strength and as a workbook with hands on exercises that you can use to

come away with a new sense of self a self with an increasing capacity for love book jacket

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