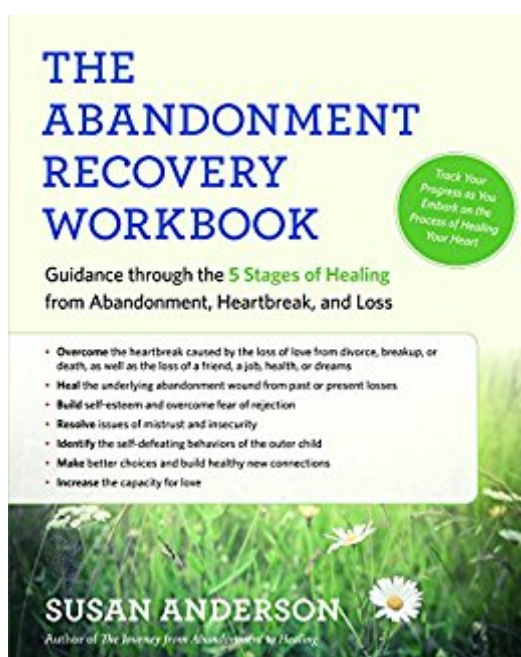


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The Abandonment Recovery Workbook: Guidance Through The 5 Stages Of Healing From Abandonment, Heartbreak, And Loss



Synopsis

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*

Book Information

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Customer Reviews

I cannot say enough positive things about this book. Just the right amount of reading, reflecting, and journaling; you can obviously choose to do as much or as little of that as you want. It is not a bunch of stories about other people, more about finding your own healthy path. This book is all about YOU, for you and about you. If you want to improve yourself and become a healthier person, I believe this book will be a wonderful guide.

I HIGHLY recommend this book!

A great resource, one of the few, for attachment distress/attachment trauma resulting from abandonment.

I've heard great things about this book. Will begin to read it

Delivered as promised.

Bought this for a member of my family. It was as promised.

No one has addressed abandonment issues in a way that truly brings resolution . . . until now. Everyone goes through abandonment at some point in their life. The funny part is, because the connotation of abandonment is "leaving a child or family" for the most part, people do not realize that's not the whole story. This book provides an all-encompassing perspective of what abandonment truly is: loss, rejection, being overlooked, bullied, ostracized, shamed, ignored, the list goes on. We've all been there. Someone hurts us - we feel pain. Sometimes horrific pain. How do we deal with the abandonment we feel? There is a way to get through and move on and it's all in

this book. Simple and easy tools that help heal your heart so you're not stuck. You become stronger and more confident so you can make good decisions and move forward with your life. The author's own life experience led her to discovering these tools that helped her heal and she now shares them with all of us so we may heal better and with awareness. This workbook is just that, a workbook. Follow it, DO IT, and move on to a better life for you and your family. It's not hard - you just need to read and do. Simple. Easy. Thank you Susan Anderson for bringing to the forefront a topic that has for too long, been swept under the carpet. If you have any questions about why a relationship ended, why you keep choosing the same type of people to engage with or how to heal from a loss of any kind, this will most certainly benefit you greatly on your journey.

My friend really needed this, and loved it. Thank you so much!

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