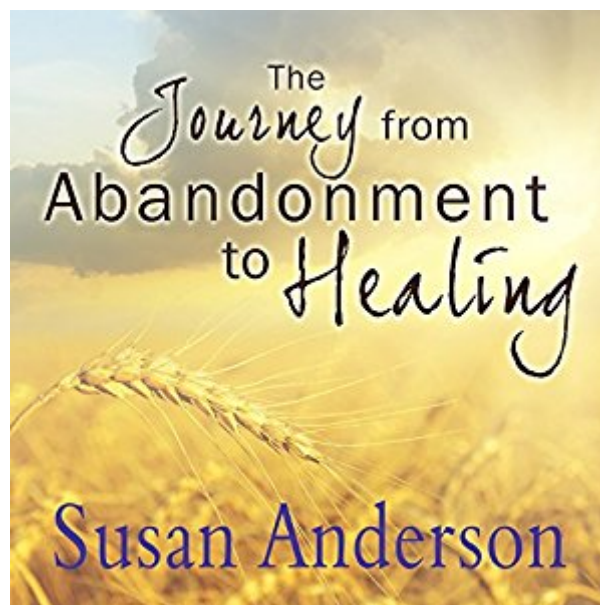




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The Journey From Abandonment To Healing: Surviving Through And Recovering From The Five Stages That Accompany The Loss Of Love



Synopsis

Like Dr. Elisabeth Kübler-Ross' 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, 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 are in a relationship where they no longer feel loved. From the first stunning blow to starting over, this book provides a complete program for abandonment recovery.

Book Information

Audible Audio Edition

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Version: Unabridged

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#146 in Books > Health, Fitness & Dieting > Mental Health > Emotions #207 in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships

Customer Reviews

This is a life changing book, whether you were the result of an unwanted pregnancy, had trauma from a loved one dying or being very ill while you were growing up, or were dumped by a family member, boyfriend/girlfriend, or spouse. I have read too many books on this subject. This is the one I wish I would have found FIRST. Be sure to do the exercises to achieve the most recovery and healing. I can't say enough good things about Susan Anderson. I also recommend you read her book "The Black Swan." That book too has changed my life. Thank you so much Susan, from the bottom of my heart, for your important contribution to humanity.

Amazing book. I feel like it saved my life in the first two chapters alone! ANYONE who has genuinely been abandoned can do nothing but find everything they need in this book!!!

This book provided many 'a-ha' moments for me! It was eye opening and helped me realize many characteristics or coping mechanisms within myself that I never previously noticed. I wouldn't go so far as to say it immediately changed my life, but it certainly opened eyes and gave me some direction. I will certainly refer to it and reread sections in the future.

Amazing book!! Unresolved abandonment issues affect so many parts of our lives that I for one was completely clueless about. Thank you, Susan, for writing this book. I have made big changes in my life. Procrastination and fear of the future will hopefully one day become a thing of the past.

I've read a lot of books on healing and this is one of the better ones. It is a good read for anyone going through the loss of any relationship. I like the emphasis on mindfulness, and the comparison of healing from abandonment of a relationship to healing from a death. This is a much needed acknowledgement of the difficulties involved in loss. The book is also well organized and clearly written.

WOW, this is an incredible book! I recommend it to anyone-and-everyone w/ abandonment issues. Very thoughtful, very thorough, and very helpful! This is a book I will keep as a text book and return to frequently!

This is an advanced book. Not necessarily for someone who's too fresh out of a relationship, perhaps one month or more out. It is very comprehensive and covers neurobiology and psychology extensively. If you're looking to understand your abandonment on a deeper intellectual level, then this is a great read. It will not make the pain go away (only time...) but it helps you understand to a much greater extent why and how you feel the pain. The first I read which was right after was 'getting past your breakup' and that helped a lot with the emotions. I am not saying this book doesn't go into emotions, it does just differently. It goes deeper to the root of the problems and not just the breakup and the abandonment at hand. The book itself is divided into five broad stages, there is no time limit to completing them and it helps to brace for a stage you may not have reached yet. It's a long 300 page book, but worth every moment spent. Soon I will come out of the final stages of grief, and I will look back and be thankful for having read this book. I hope if you read it that it will help you

the way it helped me.

This book was a huge help for me while dealing with some tough emotional times. It is well written and sensible.

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