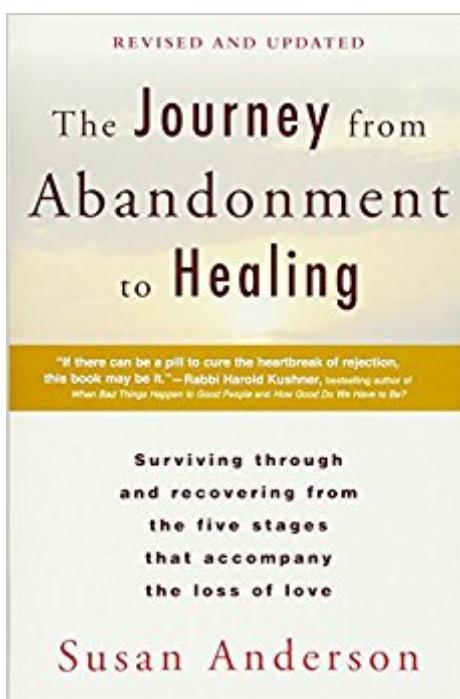


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# The Journey From Abandonment To Healing: Revised And Updated: Surviving Through And Recovering From The Five Stages That Accompany The Loss Of Love



## Synopsis

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.

## Book Information

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## Customer Reviews

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* and *How Good Do We Have to Be?*

Susan Anderson has devoted more than thirty years of clinical experience and groundbreaking research to helping people overcome abandonment and its aftermath of self-sabotaging patterns. A pioneer in the Abandonment Recovery movement, she is author of *Black Swan*, *The Journey from Heartbreak to Connection*, and *Taming Your Outer Child*. In addition to conducting lectures and leading workshops, she continues private practice in Manhattan and on Long Island.

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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