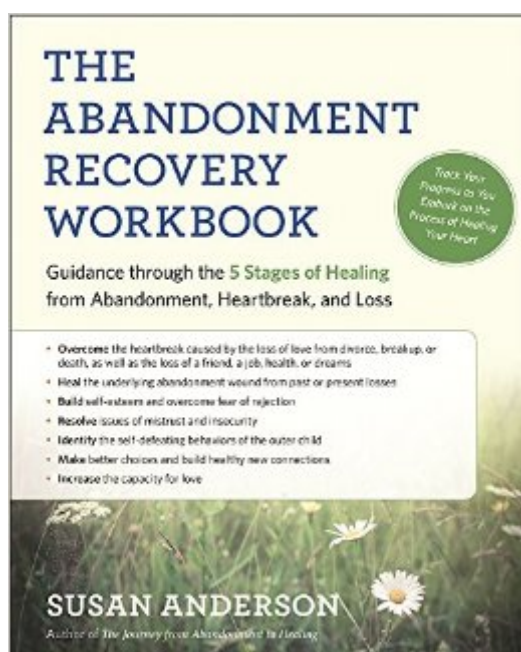


The book was found

# The Abandonment Recovery Workbook: Guidance Through The Five 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*, 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 divorce, a breakup, a death, or the loss of friendship, health, a job, or a dream. *The Abandonment Recovery Workbook* provides an itinerary for recovery. A manual for individual or support group use, it includes exercises that the author has tested and developed through her years 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.

## Book Information

Paperback: 360 pages

Publisher: New World Library; Csm Wkb edition (August 16, 2016)

Language: English

ISBN-10: 160868427X

ISBN-13: 978-1608684274

Product Dimensions: 8 x 0.9 x 9.8 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #16,741 in Books (See Top 100 in Books) #21 in [Books > Parenting & Relationships > Family Relationships > Divorce](#) #33 in [Books > Self-Help > Relationships > Love & Loss](#) #568 in [Books > Health, Fitness & Dieting > Mental Health](#)

## Customer Reviews

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.

[Download to continue reading...](#)

The Abandonment Recovery Workbook: Guidance through the Five Stages of Healing from Abandonment, Heartbreak, and Loss  
The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia)  
Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure)  
Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse  
Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4)  
Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness)  
Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)  
Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing)  
Cheap & Best Chicken Coop Plan Guidance: Chicken Coop Plan Guidance  
Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment  
Releasing a Person: Fast Recovery from Heartbreak, a Breakup or Divorce (Love Attraction #1) (Love Attraction Series)  
Releasing a Person: Fast Recovery from Heartbreak, a Breakup or Divorce (Love Attraction #1)  
Hair Loss and the Big Pharma - The Ultimate Guide on

Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Solutions) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Child Loss: The Heartbreak and the Hope My Guy Barbaro: A Jockey's Journey Through Love, Triumph, and Heartbreak with America's Favorite Horse

[Dmca](#)