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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. The Amazon Book Review

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### **The Journey from Heartbreak to Connection: Susan Anderson ...**

JOURNEY breaks with scientific information, which sheds new light on why abandonment creates such devastating feelings, and why it is so difficult to let go of someone who has left you. Back cover excerpt: "...The fear of abandonment is one of our most primal fears, and deservedly so.

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Susan Anderson author of The Journey from Abandonment to Healing: Turn the End of a relationship into the Beginning of a New Life answers frequently asked questions about abandonment.

## All About Abandonment - Emotional Affair

Editions for The Journey from Abandonment to Healing: Turn the End of a Relationship into the Beginning of a New Life: 0425172287 (Paperback published in...

## Editions of The Journey from Abandonment to Healing: Turn ...

— Susan Anderson, The Journey from Abandonment to Healing: Turn the End of a Relationship into the Beginning of a New Life  
“your feelings of despair and hopelessness are in fact temporary, and they are a normal part of grieving over a relationship.

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## **The Journey from Abandonment to Healing Quotes by Susan ...**

For Beyond 50's "Personal Growth" talks, listen to an interview with Susan Anderson. You will learn about the 5 stages of abandonment: shattering, withdrawal, internalizing, rage and lifting.

## **The Journey from Abandonment to Healing**

About The Journey from Abandonment to Healing: Revised and Updated 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.

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Abandonment issues stem from your life experiences when you felt alone and could not rely on your loved ones to support you or take care of you. Abandonment leads to major trust issues and commitment phobia or clinginess, depending on other factors.

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## **The Journey from Abandonment to Healing: Amazon.co.uk**

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Or they become addicted to self-help lectures, books, and tapes. But all of the self-medicating and soothing words in the world will not erase the distress. In order to do that, you must embark upon a journey that addresses the underlying cause—the abandonment wound itself. This is a journey from which all people can benefit.

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Healing the Abandonment Wound. Sharie Stines, Psy.D. Sharie Stines, Psy.D. is a recovery expert specializing in personality disorders, complex trauma and helping people overcome damage caused to ...

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