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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

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addresses the
underlying cause—the
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itself. This is a journey
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of those abandoned. It has baffled me that I have not understood why they do the things they do and how they react to things that happen in such a confusing manner.

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or they're in a
relationship where they
no longer feel loved.

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The Journey from Abandonment to Healing: Turn the End of a ...

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

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fears, and deservedly
so.

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program to designed to
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relationships and learn
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more, presenting a series of accessible guidelines, techniques, exercises, and signposts for healing.

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found deep, genuine healing throughout its pages. I knew I was carrying an immense weight of grief, shame, disappointment, pain, betrayal, and some sort of fear (of abandonment, it so happens) when I picked up ...

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information provided in

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with new insight about

the patterns that

plague your

relationships, those

cycles of re-

abandonment so many

of you are caught up

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(attracted only to

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Connection:**

Anderson, Susan ...

Emotional self-reliance involves accepting the intense feelings of the experience, taking stock of your present reality, and assuring yourself that you will survive." — Susan Anderson, The Journey from Abandonment to Healing: Turn the End of a Relationship into

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the Beginning of a New
Life 11 likes

Susan Anderson
(Author of The
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Shattering, Withdrawal,
Internalizing, Rage,
and Lifting - introduced
in JOURNEY FROM
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SHATTERING - Your

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relationship is breaking
apart. Your hopes and
dreams are Shattered.
You are devastated,
bewildered. You
Succumb to despair
and panic.

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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,

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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 ...

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TAMING YOUR OUTER
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