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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.

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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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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.

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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

S.W.I.R.L. is an acronym which stands for the five stages of abandonment: Shattering, Withdrawal, Internalizing, Rage, and Lifting - introduced in JOURNEY FROM ABANDONMENT. 1: SHATTERING - Your relationship is breaking apart. Your hopes and dreams are Shattered. You are devastated, bewildered. You Succumb to despair and panic.

S.W.I.R.L | The Five Stages Of Abandonment | Susan ...

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

All About Abandonment - Emotional Affair Journey

The abandonment wound seems to be an under-represented area in mental health. Just like complex trauma is not listed as a diagnosis in the DSM, neither is abandonment mentioned as a cause for some ...

Healing the Abandonment Wound - The Recovery Expert

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