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September 2, 2014 by
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The Journey of
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Healing is an excellent
book that gives you
understanding into the
behavior and patterns
of those abandoned. It
has baffled me that I

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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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The Journey From Abandonment to Healing is designed to help all victims of emotional breakups--whether

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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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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 the Beginning of a New

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loss or a lingering
wound from the past;
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that sabotage their
own relationships or
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relationship where they
no longer feel loved.
From the first stunning
blow to starting over,
this book provides a
complete program for
abandonment
recovery.

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About The Journey
from Abandonment to
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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
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Anderson. You will
learn about the 5
stages of
abandonment:
shattering, withdrawal,
internalizing, rage and
lifting ...

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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.

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

Susan Anderson author
of The Journey from
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Life answers frequently
asked questions about
abandonment.

**All About
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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

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Watch a video book trailer on "The Journey from Abandonment to Healing," featuring the bestselling author, Susan Anderson. She will discuss about the various stages many go through towards...

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