

The Abandonment Recovery Workbook: Guidance through the Five Stages of Healing from Abandonment, Heartbreak, and Loss

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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.

Psychotherapist Susan Anderson, founder of the abandonment recovery movement, has thirty years' experience working with victims of trauma, grief, and loss. The author of four trailblazing books, including *The Journey from Abandonment to Healing* (over 100,000 copies sold) and *Taming Your Outer Child*, she offers workshops throughout the world and lives in Huntington, New York.

"Practical, insightful, informative, and ideal for use as a therapeutic counseling tool, *The Abandonment Recovery Workbook* is unreservedly recommended."
- Midwest Book Review

Praise for Susan Anderson's *The Journey from Abandonment to Healing*:

"If there can be a pill to cure the heartbreak of rejection, this book may be it."
- Rabbi Harold Kushner, bestselling author of *When Bad Things Happen to Good People*

Praise for Susan Anderson's *Taming Your Outer Child*:

"This book will be an enormous help to anyone looking to let go of past disappointments and self-recrimination and get on with the essential work of healing, building boundaries, and acquiring the skills to reach your goals. I hope you will read it and do the exercises it provides."
- John Bradshaw, #1 New York Times bestselling author of *Homecoming*

"Groundbreaking..." - PsychologyToday.com

"A helpful scenario, requiring determination and commitment, for dealing with difficult

issues. This will appeal to readers seeking change."
- Library Journal

"Aa valuable tool for healing."
- Publishers Weekly

Other Books

Karena Winn-Dixie, Ten-year-old India Opal Buloni describes her first summer in the town of Naomi, Florida, and all the good things that happen to her because of her big ugly dog Winn-Dixie.

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