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don't you try to get
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comprehend even
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soothing words in the
world will not erase the
distress. In order to do
that, you must embark
upon a journey that
addresses the
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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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breakups--whether
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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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healing. February 17,
2019 Admin. Review
From User : My heart
feels lighter after
closing this book: I
found deep, genuine
healing throughout its

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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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It extends the
information provided in

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the patterns that
plague your
relationships, those
cycles of re-
abandonment so many
of you are caught up
in, i.e. "Abandoholism"
(attracted only to
unavailable lovers)

Abandonment

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Anderson (2014-09-02)

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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 the Beginning of a New Life* 11 likes

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Susan Anderson
(Author of The
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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
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SHATTERING – Your
relationship is breaking
apart. Your hopes and

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dreams are Shattered.
You are devastated,
bewildered. You
Succumb to despair
and panic.

**S.W.I.R.L | The Five
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Susan ...**

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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, she is author of Black Swan, The Journey

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from Heartbreak to
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My book, "The Journey from Abandonment to Healing" is a great resource for starting on your path to healing. Here is a link to my book available on Kindle, paperback or the audio version. I hope it helps you on your journey!

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