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The Abandonment Recovery Workbook: Guidance through the 5 Stages of Healing from Abandonment, Heartbreak, and Loss

Susan Anderson

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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*, the only book of its kind, 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 a divorce, a breakup, a death, or the loss of friendship, health, a job, or a dream.

From the first shock of despair through the waves of hopelessness to the tentative efforts to make new connections, *The Abandonment Recovery Workbook* provides an itinerary for recovery. A manual for individuals or support groups, it includes exercises that the author has tested and developed through her decades 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.

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

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