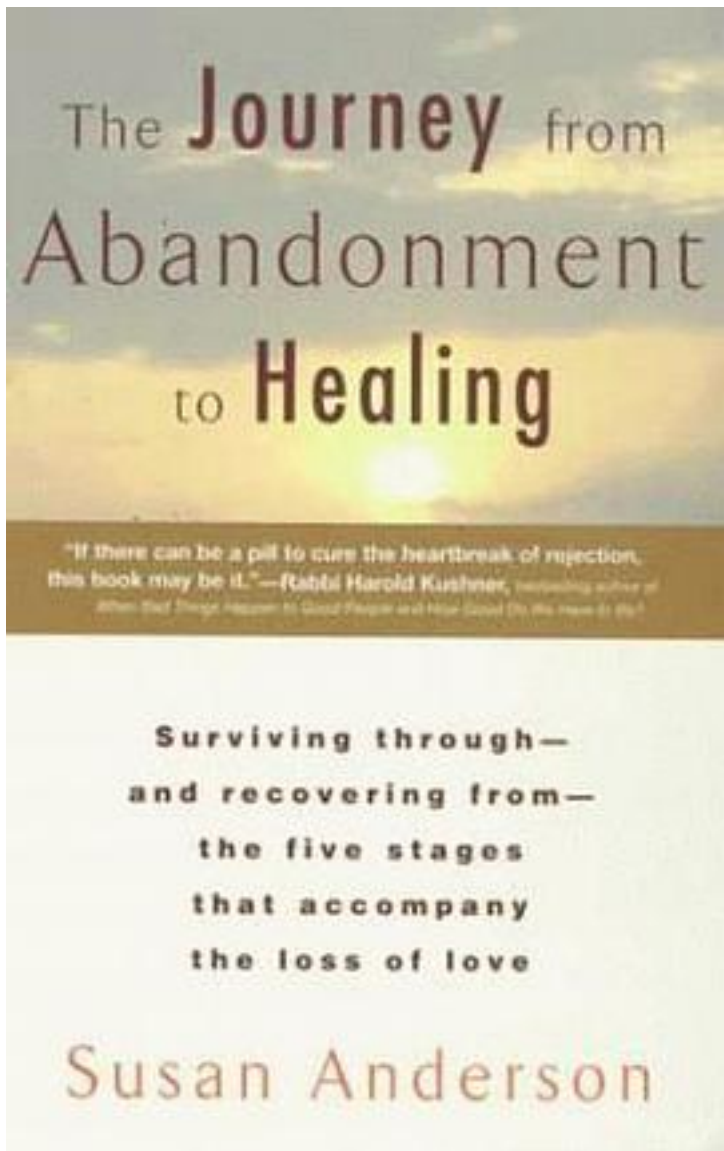


The Journey from Abandonment to Healing



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著者:Susan Anderson

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Like Dr. Elisabeth Kubler-Ross's groundbreaking *On Death and Dying*, Susan Anderson's book clearly defines the five phases of a different kind of grieving--grieving over a lost relationship. An experienced professional who has specialized in helping people with loss, heartbreak, and abandonment for more than two decades, Susan Anderson gives this subject the serious attention it deserves. *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. From the first stunning blow to starting over, it provides a complete program for abandonment recovery.

"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*

In the tradition of Dr. Elisabeth Kubler-Ross's *On Death and Dying*--but dealing with the grief over the loss of a relationship

Helps readers work through the five universal phases of abandonment: shattering, withdrawal, internalizing, rage, lifting

Includes hands-on exercises for managing pain and rediscovering the capacity for love

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