



# **The Abandonment Recovery Workbook: Guidance through the Five 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*, 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.

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