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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 from Heartbreak to Connection, and Taming Your Outer Child. In addition to conducting lectures and leading workshops, she continues private practice in Manhattan and on Long Island.

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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. Its pain is often overwhelming, and can leave its mark on the rest of your life. In the midst of the hurt, it s hard to see an end to your feelings of rejection, shame, and betrayal.

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The Journey from Abandonment to Healing Goodreads

This book takes you on a journey from your childhood into adulthood, allowing you to heal the effects of past & present abandonment and loss. It allowed me to pinpoint where I am in my journey (currently at the end of rage, beginning of lifting). If we do not heal the wounds of our past, we find ourselves in similar relationships and patterns. This book helps break that pattern and paves the way to a new & better life, free from toxic relationships.

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Within every community, toxic people can be found hiding in families, couples, companies, and places of worship. The cryptic nature of psychological abuse involves repetitious mind games played by one individual or a group of people.

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9780425172285 The Journey from Abandonment to Healing

About the Author: Susan Anderson, CSW, is a psychotherapist who has specialized in helping clients deal with heartbreak, loss and abandonment for more than 25 years.

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