

THE JOURNEY FROM ABANDONMENT TO HEALING BY
SUSAN ANDERSON



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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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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.

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Abandonment Susan Anderson

Susan Anderson's workshops Kripalu - Esalen - Open Center, etc. psychotherapist and author of The Journey from Abandonment to Healing.

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Susan Anderson Author of The Journey from Abandonment to

Susan Anderson is the author of The Journey from Abandonment to Healing (4.13 avg rating, 662 ratings, 68 reviews, published 2000), Black Swan (3.71 avg

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The Journey from Abandonment to Healing book by Susan

Dr. Susan Anderson has masterfully articulated the experience of abandonment as only a survivor of abandonment could know. She is a survivor herself. Her book, *The Journey From Abandonment To Healing*, keeps a gentle, respectful tone towards the survivor, and is easy to understand throughout.

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