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BOOK. This book guides you through the five stages of abandonment — shattering, withdrawal, internalizing, rage, and lifting (S.W.I.R.L.), as well as the AKeRU exercise designed to maximize the growth potential for each stage, and a 100-item list of Outer Child's self-sabotaging characteristics.

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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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Abandonment Workbook |The Journey From
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lighter after closing this book: I found deep, genuine
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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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Susan Anderson author of The Journey from
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All About Abandonment - Emotional Affair Journey
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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 are in a relationship where they no longer feel loved. From the first stunning blow to starting over, this book provides a complete program for abandonment recovery.

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