



The Journey from Abandonment to Healing: Surviving Through and Recovering from the Five Stages That Accompany the Loss of Love

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, 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 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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