

THE ABANDONMENT RECOVERY WORKBOOK

*Track Your
Progress as You
Embark on the
Process of Healing
Your Heart*

Guidance through the **5 Stages of Healing**
from Abandonment, Heartbreak, and Loss

- Overcome the heartbreak caused by the loss of love from divorce, breakup, or death, as well as the loss of a friend, a job, health, or dreams
- Heal the underlying abandonment wound from past or present losses
- Build self-esteem and overcome fear of rejection
- Resolve issues of mistrust and insecurity
- Identify the self-defeating behaviors of the outer child
- Make better choices and build healthy new connections
- Increase the capacity for love

SUSAN ANDERSON

Author of The Journey from Abandonment to Healing

Abandonment Workbook

JS Bruner



Abandonment Workbook:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Experience Loveis Journey in **Abandonment Workbook** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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