

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

Guillaume Favre

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the author's name.

Abandonment Workbook:

Whispering the Secrets of Language: An Mental Journey through **Abandonment Workbook**

In a digitally-driven earth wherever displays reign supreme and quick transmission drowns out the subtleties of language, the profound secrets and mental subtleties concealed within phrases usually move unheard. However, nestled within the pages of **Abandonment Workbook** a interesting literary treasure blinking with natural feelings, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, this marvelous opus attracts readers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the very cloth of each and every word. Within the mental depths with this touching review, we will embark upon a genuine exploration of the book is core styles, dissect their fascinating writing model, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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