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Or they become addicted to self-help lectures, books, and tapes. But all of the self-medicating and soothing words in the world will not erase the distress. In order to do that, you must embark upon a journey that addresses the underlying cause—the abandonment wound itself.

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of abandonment is one of our most primal fears, and deservedly so.

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readers build new relationships and learn to love and trust once more, presenting a series of accessible guidelines, techniques, exercises, and signposts for healing.

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plague your relationships, those cycles
of re-abandonment so many of you are
caught up in, i.e. “Abandoholism”
(attracted only to unavailable lovers)

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**The Journey from Heartbreak to
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Emotional self-reliance involves
accepting the intense feelings of the

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experience, taking stock of your present
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S.W.I.R.L. is an acronym which stands for the five stages of abandonment: Shattering, Withdrawal, Internalizing, Rage, and Lifting - introduced in JOURNEY FROM ABANDONMENT. 1: SHATTERING - Your relationship is breaking apart. Your hopes and dreams are Shattered. You are devastated, bewildered. You Succumb to despair and

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panic.

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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*

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