



# The Journey from Heartbreak to Connection

*Susan Anderson*

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## **The Journey from Heartbreak to Connection** Susan Anderson

Expanding on the ideas set forth in Anderson's first book, *The Journey from Abandonment to Healing*, this follow-up is a workshop in abandonment recovery-to help develop trust, build new relationships, and learn to love again. Inspired by her ever-growing readership, *The Journey from Heartbreak to Connection* offers accessible techniques, guidelines, and signposts for healing.

A manual for individual or support group use, it includes exercises that the author has tested and developed throughout her years of expertise in abandonment recovery.

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