



Breaking Through Betrayal: And Recovering the Peace Within, 2nd Edition

By Holli Kenley

Loving Healing Press, United States, 2016. Paperback. Book Condition: New. 2nd. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you ready to heal? Breaking Through Betrayal: And Recovering the Peace Within is for any individual who has experienced betrayal and is struggling to break through its bonds. Through a proven process tailored for recovery from betrayal injury, readers are invited to: Explore and connect with the different kinds of betrayal: rejection or abandonment; a violation of trust; a shattered truth or belief. Identify and move through betrayal's three States of Being - confusion, worthlessness, and powerlessness - while uncovering contributors of symptom intensity and duration. Revive and restore mind, body, and spirit with a 5-part recovering process for righting oneself and attend to re-occurrence or re-injury. New in this Second Edition of Breaking Through Betrayal, readers are offered a unique perspective on a timeless topic -- relapse. By reframing relapse as a familiar experience and redefining it as an issue of self-betrayal, readers are: Drawn into a safe conversation while breaking through the stigma, secrecy, and shame of returning to any kind of unhealthy pattern of thinking, behaving, or feeling. Invited to...

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