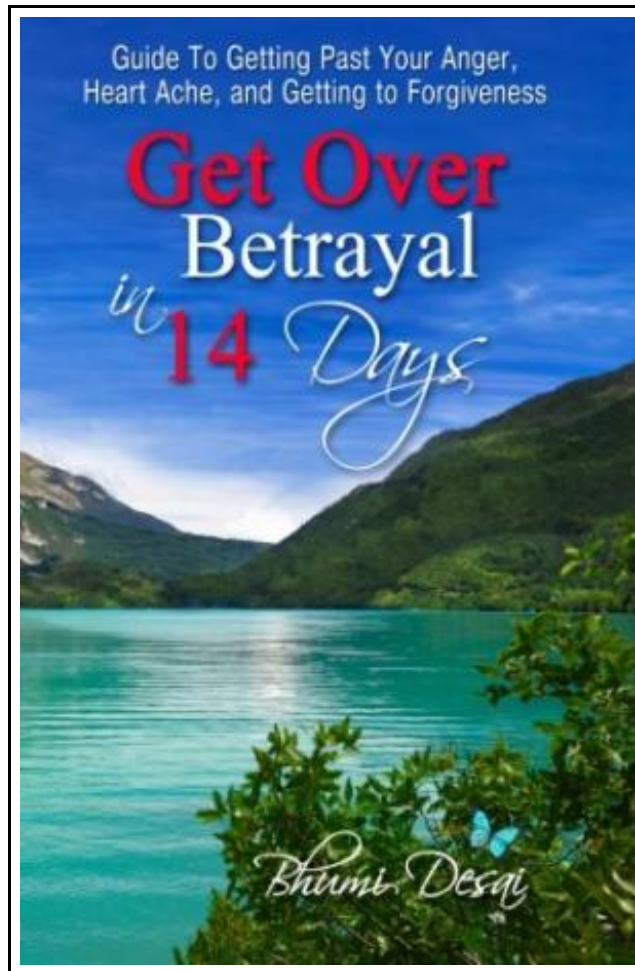


Get Over Betrayal in 14 Days: Guide to Getting Past Your Anger, Heart Ache, and Getting to Forgiveness.



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Reviews

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(Prof. Isobel Heller MD)

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Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Unfortunately, over fifty million Americans are at risk of experiencing betrayal in their personal and romantic lives. This book is easy to read. Its compassionate teachings and emboldened advice make this a truly invaluable guide for anyone who s been through the desolation of betrayal. The book is meant for people who live busy lives; the book is perfect for readers without the time, energy, or effort involved with carrying the heavy burden of sadness, anger, hurt, and pain resulting from betrayal. This book shows you. How would like to turn this event around and emerge as a VICTOR instead of victim. Helps you identify the road blocks that keep one stuck in the healing process. How to get past recurring or obsessive thoughts. How to let go and RELEASE uncontrollable anger, resentment, bitterness or jealousy. How to quickly accept the reality of the situation and start dealing with the change. How to let go any intrusive memories or images of the affair partner. Rehashing the details and recurring questions such as Why or How did this happen? How to STOP blaming yourself and the betrayer. How to handle thoughts of revenge or punishment in the aftermath. What to do when anger, resentment, and bitterness is running your life post betrayal. How to turn self-blame, self-loathing, and guilt into accepting and restoring love for yourself. Most importantly How-To restore your TRUST and helps you to move on to love again. Yes! Finding love again. After an earth-shattering betrayal, the road to recovery can be a delicate and tumultuous journey. With its inspirational message and caring tone, this wonderful book provides hope to all who are lost in a...



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