



## Breaking Through Betrayal: And Recovering the Peace Within, 2nd Edition (Paperback)

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...



**READ ONLINE**  
[ 6.49 MB ]

### Reviews

*An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.*

**-- Prof. Dan Windler MD**

*It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.*

**-- Dr. Celestino Spinka III**