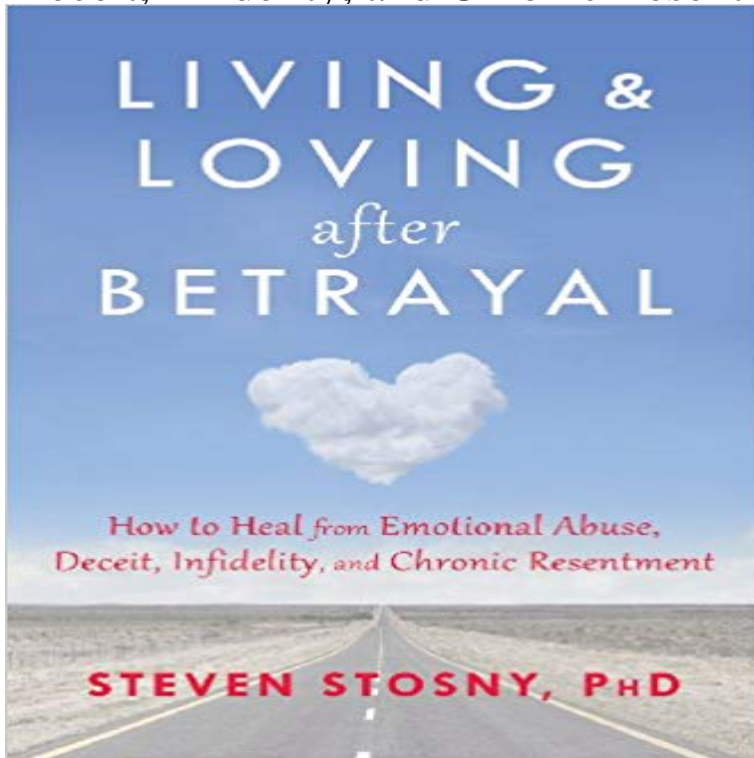


# Living and Loving after Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment



Betrayal has many faces, including anger, abuse, deceit, and infidelity. These feel like betrayal because they violate the implicit promise of emotional bonds, that your loved one will care about your well being and never intentionally hurt you. If you've recently left a relationship where you felt betrayed by your partner, you may have difficulty moving on. In fact, it can seem impossible to view the world without the shadow of past betrayal hovering over you. As a result, you may struggle to create meaning in your life and build new, loving relationships. In *Living and Loving after Betrayal*, therapist and relationship expert Steven Stosny offers effective tools for healing, based on his highly successful CompassionPower program. He founded the CompassionPower agency on the belief that we are more powerful when compassionate than when angry or aggressive, and that true strength comes from relating compassionately to others and remaining true to your deeper values. In this book, you'll learn practical strategies for overcoming betrayal-induced trauma and the chronic resentment and depression that result, using this innovative compassion-empowerment approach. Most books on betrayal only focus on the obvious issues, such as infidelity, abuse, or sex addiction. This book explores the effects of those kinds of betrayal, as well as less-talked-about types, such as emotional manipulation, dishonesty, deceit, and financial cheating. In addition, the book helps you regain a sense of trust in others so that you can eventually find another compassionate person to share your life with or, if you choose, to rebuild a relationship with your reformed betrayer. Recovering from the betrayal of partner isn't easy, but *Living and Loving after Betrayal* offers potent ways to heal, grow, and love again.

: Living and Loving After Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment (Audible Audio Edition): Steven Kop boken Living & Loving After Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment av Steven Stosny, Arthur Morey (ISBN - 39 min - Uploaded by Steven Stosny) Relationship betrayal has many faces, including deceit, infidelity, abuse, and walking on Living and Loving after Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment eBook: Steven Stosny: : KindleRead Living and Loving after Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment book reviews & author details and more at Encuentra Living and Loving after Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment de Steven Stosny (ISBN: Retrouvez Living and Loving after Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment et des millions de livres en stock sur - 29 min - Uploaded by timeforhopeministry) Guest: Dr. Steven Stosny -- Living and Loving After Betrayal for you to heal from LIVING AND LOVING AFTER BETRAYAL. How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment. by Steven Stosny. Living and Loving after Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment eBook: Steven Stosny: : Kindle Store. The Paperback of the Living and Loving after Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment by