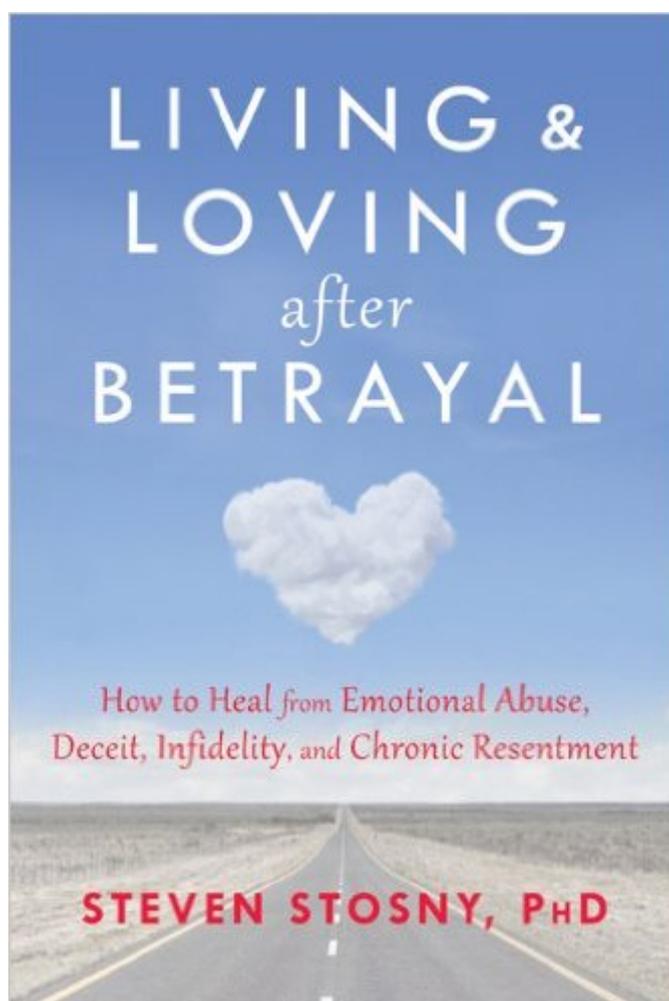


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# Living And Loving After Betrayal: How To Heal From Emotional Abuse, Deceit, Infidelity, And Chronic Resentment



## Synopsis

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 wellbeing and never intentionally hurt you. If you've recently left a relationship where you felt betrayed by your partner—or if you want to repair one—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, find the strength to forgive, or 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.

## Book Information

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## Customer Reviews

Dr. Stosny has hit a grand slam home run, again. The healing approach in this book grows from the same fertile bed of research and clinical experience that made his boot camp for resentment, anger and abuse reduction so successful. It focuses on a betrayed person claiming and creating for him or herself a Healing Identity. This changes a betrayed person from a victim to an empowered person able to successfully choose improvement, healing, repair, recovery and growth over pain, suffering and shame. Betrayal can cause the betrayed person to feel inadequate and unlovable, the admission of which is too painful to admit. Stosny, as in the boot camp, provides practical steps that replace that loss of worth or value with ways to value yourself more, so much so that external adversity cannot touch the core of one's value. Stosny goes on to provide very wise counsel and steps when one betrayed seeks to love again, either in a new relationship, or in rebuilding a betrayed relationship. This reviewer is a marriage counselor, who has used Dr. Stosny's approach, now wonderfully set forth in this book, with many couples over the past years. It works, and works very effectively. This book is easily accessible by non-clinically trained readers, as it is written for the betrayed partner. Counselors and therapists will find it a valuable resource to grow their skills in helping couples and to give to couples with whom they work. This reviewer cannot recommend this book more highly. It warrants wide distribution to both audiences: couples and clinicians.

This was a helpful read with a really valuable and important premise. However, if you have history of trauma, this book should be used in conjunction with professional help. I really like the idea of building a healing identity and investing in your core value as a path to healing. Some things I thought were lacking: 1) the traumatic nature of betrayal was inadequately dealt with 2) self-compassion is a vital part of the recommendations in this book but it was not fleshed out well 3) there is not enough instruction on how to help yourself when you feel vulnerable emotions. That being said I've gained something quite useful from reading this book and would recommend reading this while working with a professional. Betrayal is rarely something that can be worked through on your own.

This book gave me a lot of useful ideas and exercises that I can put in place now to heal and recover from my spouses infidelity. It has helped me to focus more on the future and how I can move forward rather than obsess about the past.

The gist of the story is a profoundly loving one. That is, by loving oneself and recognising one's own true value, you can actively place yourself in an enabling position/s. The practical advice and tasks, associated with the admonition that work must be done by the so called 'victim' to change ingrained behaviours, is very encouraging.

You do not have to have been betrayed in a relationship to benefit from this book. Yes I found this book while in a marital therapy program but I desperately needed to learn to deal with Trauma responses and PTSD. I have recommended it and has spread like wild fire to not only members of my group, but facilitators, counselors, etc. Any person interested in becoming the best person they can be can read this book and still relate. Dr. Stosny is an emotional gift from the heavens to anyone that takes the time to read his work.

This is an excellent book for all those who have suffered intimate betrayal. It doesn't matter how long it's been since discovery. This book is helpful at every stage of working through the hurt and the immense pain and focusing on gaining back self esteem and self value. Dr. Stosny focuses the first 2/3 of the book on the betrayed person teaching them how to get in touch with their core values with enhancing exercises and examples. The last 1/3 is focused on moving on either in a new relationship or with the remorseful and changed betrayer. The sections on trust and forgiveness really spoke to me. Thanks for a great book that I have highlighted and will go over frequently.

As my title states, this is one of the better self help books on the market. It actually helps heal from within and allows the reader to take a step back and review his/her situation with "new eyes". There are parts in the book that may not affect you - skip them and go to the next if you want, but my advice would be to at least give these sections a look see. I bought the book to keep as a reference, you may wish to do the same.

I absolutely loved this book and found it very helpful. As with anything you learn in life, if you don't put it into practice it serves no purpose. I am listening/reading this book for a second time to apply all of the principles.

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