



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

Steven Stosny

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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.

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