



Breaking Through Betrayal: and Recovering the Peace Within, 2nd Edition

Holli Kenley

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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 partake in an empowering 6-part recovering process in moving from self-betrayal to self-discovery.

Therapists Praise Breaking Through Betrayal

"Useful for anyone caught in self-blame, shame or repeated victimization...this empowering 'in-control' approach can help readers take charge, assess injury, gauge healing and find excellent strategies to protect themselves from future trauma when relating to one's betrayer."

--Beth Hedva, Ph.D. author of award-winning Betrayal, Trust and Forgiveness

"Holli Kenley shares her comprehensive approach to a situation most of us experience at least once in our lifetimes - betrayal. As a former therapist, I appreciate the author's ability to take a complex topic and turn it into an uncomplicated and well-organized read, including easy-to-follow exercises at the end of each chapter. This book is an important resource for anyone experiencing grief and loss as the result of betrayal. Read it and 'recover the peace within.'"

--Janet A. Hopkins, Editor-in-Chief, In Recovery Magazine

About the Author

Holli Kenley, M.A., is a California Licensed Marriage and Family Therapist. Specializing in the areas of sexual trauma, abuse, addiction, codependency, betrayal and cyber bullying, Holli currently works in the field of psychology as an author, speaker, and workshop presenter.

Learn more at www.HolliKenley.com

Self-Help : Abuse - Psychological

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Julia Gilmore:

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Wayne Kong:

Reading a reserve tends to be new life style with this era globalization. With reading through you can get a lot of information which will give you benefit in your life. With book everyone in this world can certainly share their idea. Ebooks can also inspire a lot of people. Plenty of author can inspire their particular reader with their story or even their experience. Not only situation that share in the ebooks. But also they write about the data about something that you need illustration. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors nowadays always try to improve their skill in writing, they also doing some investigation before they write for their book. One of them is this Breaking Through Betrayal: and Recovering the Peace Within, 2nd Edition.

John Threadgill:

Playing with family inside a park, coming to see the ocean world or hanging out with friends is thing that usually you will have done when you have spare time, then why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Breaking Through Betrayal: and Recovering the Peace Within, 2nd Edition, you could enjoy both. It is fine combination right, you still need to miss it?

What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its called reading friends.

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