



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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From reader reviews:

Alison McGowan:

This Breaking Through Betrayal: and Recovering the Peace Within, 2nd Edition book is not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is actually information inside this publication incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. That Breaking Through Betrayal: and Recovering the Peace Within, 2nd Edition without we recognize teach the one who examining it become critical in thinking and analyzing. Don't end up being worry Breaking Through Betrayal: and Recovering the Peace Within, 2nd Edition can bring any time you are and not make your handbag space or bookshelves' turn out to be full because you can have it with your lovely laptop even phone. This Breaking Through Betrayal: and Recovering the Peace Within, 2nd Edition having excellent arrangement in word in addition to layout, so you will not experience uninterested in reading.

George Cornelius:

Information is provisions for folks to get better life, information nowadays can get by anyone in everywhere. The information can be a information or any news even restricted. What people must be consider when those information which is within the former life are difficult to be find than now's taking seriously which one works to believe or which one typically the resource are convinced. If you have the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All those possibilities will not happen throughout you if you take Breaking Through Betrayal: and Recovering the Peace Within, 2nd Edition as the daily resource information.

Jeffrey Primo:

People live in this new morning of lifestyle always try to and must have the extra time or they will get lot of stress from both day to day life and work. So , if we ask do people have free time, we will say absolutely yes. People is human not really a robot. Then we request again, what kind of activity do you have when the spare time coming to an individual of course your answer will unlimited right. Then ever try this one, reading publications. It can be your alternative inside spending your spare time, typically the book you have read will be Breaking Through Betrayal: and Recovering the Peace Within, 2nd Edition.

Mary Alejandro:

Reading can called imagination hangout, why? Because if you find yourself reading a book specially book entitled Breaking Through Betrayal: and Recovering the Peace Within, 2nd Edition your head will drift away trough every dimension, wandering in every single aspect that maybe not known for but surely might be your mind friends. Imaging every word written in a guide then become one web form conclusion and explanation in which maybe you never get ahead of. The Breaking Through Betrayal: and Recovering the Peace Within, 2nd Edition giving you one more experience more than blown away your head but also giving you useful

facts for your better life in this particular era. So now let us present to you the relaxing pattern the following is your body and mind will be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

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