



Abandonment: Is The Fear Of Abandonment Controlling Your Life?

Oliver JR Cooper

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• Do you feel empty after a relationship ends? • Are you unable to maintain your boundaries? • Do you get attached to the wrong people? • Are you attracted to the wrong people? • Do you always feel that you must please others? • Are you loyal to the wrong people? If you answered yes to any of these questions, you could have a fear of abandonment. Abandonment - Is The Fear Of Abandonment Controlling Your Life? Looks at what can happen if we live in fear of being abandoned. Even if someone is unaware of this fear, it can still play a huge part in how they go through life. This book covers more than twenty ways in which the fear of abandonment can negatively affect our lives; from our ability to show anger, to self-sabotage and unhealthy or damaging relationships, plus many other areas.

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