

The Betrayal Of The Self The Fear Of Autonomy In Men And Women

*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 Betrayaloffers potent ways to heal, grow, and love again.*

*****THE INSTANT New York Times, Wall Street Journal, USA Today, and IndieBound BESTSELLER** An NPR Book of the Day Picking up where the New York Times bestselling Front Row at the Trump Show left off, this is the explosive look at the aftermath of the election—and the events that followed Donald Trump's leaving the White House all the way to January 6—from ABC News' chief Washington correspondent. Nobody is in a better position to tell the story of the shocking final chapter of the Trump show than Jonathan Karl. As the reporter who has known Donald Trump longer than any other White House correspondent, Karl told the story of Trump's rise in the New York Times bestseller Front Row at the Trump Show. Now he tells the story of Trump's downfall, complete with riveting behind-the-scenes accounts of some of the darkest days in the history of the American presidency and packed with original reporting and on-the-record interviews with central figures in this drama who are telling their stories for the first time. This is a definitive account of what was really going on during the final weeks and months of the Trump presidency and what it means for the future of the Republican Party, by a reporter who was there for it all. He has been taunted, praised, and vilified by Donald Trump, and now Jonathan Karl finds himself in a singular position to deliver the truth. By defining man's vulnerability as his strength, Dr. Gruen points the way to a psychoanalysis of personal courage and social responsibility, at the same time exposing the childhood split which leads man to abandon his true self.***

Some really great books just keep getting better! For seventeen years The Betrayal Bond has been the primary source for therapists and patients wrestling the effects of emotional pain and harm caused by exploitation from someone they trusted. Divorce, litigation, incest and child abuse, domestic violence, kidnapping, professional exploitation and religious abuse are all areas of trauma bonding. These are situations and relationships of incredible intensity or importance lend themselves more easily to an exploitation of trust or power. In The Betrayal Bond, Dr. Carnes presents an in-depth study of these relationships; why they form, who is most susceptible, and how they become so powerful. Dr. Carnes also gives a clear explanation of the bond that compels people to tolerate the intolerable, and for the first time, maps out the brain connection that makes being with hurtful people comparable to 'a drug of choice.' Most importantly, Carnes provides practical steps to identify compulsive attachment patterns and ultimately to change or end them for good. This new edition includes: New science for understanding how our brains can make a prison of bad relationships New assessments and insights based on 50,000 research participants A new section utilizing the latest findings in attachment research and narrative therapy to concretely rewrite and rescript bad experiences A redefinition of the factors contributing to addictive relationships

A Map of Betrayal

Philosophical Historicism and the Betrayal of First Philosophy

Rethinking Professional Ethics

The Minimal Self: Psychic Survival in Troubled Times

Toward Understanding Human Destructiveness

Unmasked

A Guide to Emotional Healing and Self-Renewal

An Ethics of Betrayal

This edition tackles the issue of self-deception and provides methodologies to help people overcome it.

In An Ethics of Betrayal, Crystal Parikh investigates the theme and tropes of betrayal and treason in Asian American and Chicano/Latino literary and cultural narratives. In considering betrayal from an ethical perspective, one grounded in the theories of Emmanuel Levinas and Jacques Derrida, Parikh argues that the minority subject is obligated in a primary, preontological, and irrecusable relation of responsibility to the Other. Episodes of betrayal and treason allegorize the position of this subject, beholden to the many others who embody the alterity of existence and whose demands upon the subject result in transgressions of intimacy and loyalty. In this first major comparative study of narratives by and about Asian Americans and Latinos, Parikh considers writings by Frank Chin, Gish Jen, Chang-rae Lee, Eric Liu, Americo Parades, and Richard Rodriguez, as well as narratives about the persecution of Wen Ho Lee and the rescue and return of Elian González. By addressing the conflicts at the heart of filiality, the public dimensions of language in the constitution of minority "community," and the mercenary mobilizations of "model minority" status, An Ethics of Betrayal seriously engages the challenges of conducting ethnic and critical race studies based on the uncompromising and unromantic ideas of justice, reciprocity, and ethical society.

With the advent of digital devices and software, self-tracking practices have gained new adherents and have spread into a wide array of social domains. The Quantified Self movement has emerged to promote 'self-knowledge through numbers'. In this groundbreaking book Deborah Lupton critically analyses the social, cultural and political dimensions of contemporary self-tracking and identifies the concepts of selfhood and human embodiment and the value of the data that underpin them. The book incorporates discussion of the consolations and frustrations of self-tracking, as well as about the proliferating ways in which people's personal data are now used beyond their private rationales. Lupton outlines how the information that is generated through self-tracking is taken up and repurposed for commercial, governmental, managerial and research purposes. In the relationship between personal data practices and big data politics, the implications of self-tracking are becoming ever more crucial.

Evidence shows that the increasing privatization of K–12 education siphons resources away from public schools, resulting in poorer learning conditions, underpaid teachers, and greater inequality. But, as Robert Asen reveals here, the damage that market-based education reform inflicts on society runs much deeper. At their core, these efforts are antidemocratic. Arguing that democratic communities and public education need one another, Asen examines the theory driving privatization, popularized in the neoliberalism of Milton and Rose Friedman, as well as the case for school choice promoted by former secretary of education Betsy DeVos and the controversial voucher program of former Wisconsin governor Scott Walker. What Asen finds is that a market-based approach holds not just a different view of distributing education but a different vision of society. When the values of the market—choice, competition, and self-interest—shape national education, that policy produces individuals, Asen contends, with no connections to community and no obligations to one another. The result is a society at odds with democracy. Probing and thought-provoking, School Choice and the Betrayal of Democracy features interviews with local, on-the-ground advocates for public education and offers a countering vision of democratic education—one oriented toward civic relationships, community, and equality. This book is essential reading for policymakers, advocates of public education, citizens, and researchers.

Yoga Journal

A Memoir of Achievement, Betrayal, and the Search for Self-Worth

Whistled

A Self-Help Guide for Couples

Beyond Betrayal

Leader's Manual

The Outward Mindset

How Market-Based Education Reform Fails Our Communities

The Betrayal of the Body is Alexander Lowen's pioneering study of the mind-body split. Lowen describes the way people deny the reality, needs, and feelings of their bodies. This denial leads to the development of the division between mind and body, creating an over-charged ego obsessed with thinking at the expense of feeling and being. This book illustrates the energetic factors behind the split, the factors that produce it, and the proven therapeutic techniques that are available to treat it. Lowen further explores the mind-body duality in the individual and its parallel duality and dysfunction in society between culture and nature, and between thinking and feeling.

When a rescue goes awry and results in the death of something precious, the devastated Guinevere, impersonated by a changeling witch, returns to Camelot to find the greatest threat yet--the real Guinevere's younger sister.

The Betrayal of the SelfThe Fear of Autonomy in Men and Women

Unknowningly, too many of us operate from an inward mindset—a narrow-minded focus on self-centered goals and objectives. When faced with personal ineffectiveness or lagging organizational performance, most of us instinctively look for quick-fix behavioral band-aids, not recognizing the underlying mindset at the heart of our most persistent challenges. Through true stories and simple yet profound guidance and tools, The Outward Mindset enables individuals and organizations to make the one change that most dramatically improves performance, sparks collaboration, and accelerates innovation—a shift to an outward mindset.

Return Engagement

The Betrayal of the Self

Volume II: How We Betrayed Economics

The Judas Kiss

Getting Out of the Box

The Power of Courage and Vulnerability to Live Free No More Shame, Settling Or Self-Betrayal

Blind to Betrayal

And Recovering the Peace Within

A variety of traumatic personal events, including a physical assault, a home burglary, a school shooting, the layoffs of the Great Recession, and #metoo impacted Dawn Duhamel's life. In Whistled, she shares her story, chronicling the events that led to her belief that working hard always pays off, and experiencing success that proved her theory. Duhamel was unprepared when, at the age of fifty, an anonymous, contrived whistleblower complaint was filed against her, ultimately resulting in her being fired. In Blindsided by being fired for the first time, the ensuing self-doubt suffocated her spirit until, after twenty-four months of questioning and processing, she discovered what truly mattered, and the reasons to love herself again. Whistled narrates her journey, meaning in loss, hope in resiliency, and courage in vulnerability. For anyone who has been betrayed, fired, or felt discarded, this memoir is about finding your way back to your true and best self.

Have you ever hidden behind a mask of shame, feeling unworthy, betrayed, or settled due to the bad decision you made? You knew immediately it was the wrong thing to do and yet you did it anyway. If you were like me, you hide behind a mask of shame, mortified and embarrassed. Then reality sets in that once again you have settled and betrayed yourself. Next comes the feelings of unworthy, unbecoming, shameful, and unforgivable. As you read "UNMASKED" you will come to know...? You will live free knowing you are cherished, forgiven and loved unconditionally. ?That there is a perfect plan for your life to have all that you deserve and were created to be, do and have. ?You will go from broken to blessed by implementing steps to gain confidence, peace, joy, and love knowing you are worthy of it all. We were never meant to wear a mask. We were created to live life with courage and vulnerability at peace living free. After reading UNMASKED you will never reach for a mask again. Responding Right When You've Been Wronged We all know what it's like to be lied to, cheated, tricked, or swindled. Whether you want revenge or to protect yourself from future harm, Phil Waldrep understands your pain. Waldrep had no idea what was ahead of him when two men walked into his office and revealed an unfolding story of a friend turned colleague who was living what amounted to a second life. For years following, Waldrep sought to heal the wounds of this broken relationship and the aftermath of this betrayal. Along the way, he discovered God's solutions to overcoming resentment. In Beyond Betrayal, you'll learn about the biblical principles and practical tools that can help you identify betrayers in your life and name them. As the healer of your wounds avoid bitterness and express your anger in healthy ways learn to remain open to trusting others again as you build new relationships choose forgiveness and develop strategies to prevent future betrayal Whether you are a member, friend, colleague, or trusted leader, you are not alone. Even Jesus was betrayed. You don't have to let past hurts limit your future relationships—you can move beyond betrayal.

One of the world's top experts on betrayal looks at why we often can't see it right in front of our faces If the cover-up is worse than the crime, blindness to betrayal can be worse than the betrayal itself. Whether the betrayer is an unfair boss, an unfaithful partner, an unfair boss, or a corrupt institution, we often refuse to see the truth order to protect ourselves. This book explores the fascinating phenomenon of how and why we ignore or deny betrayal, and what we can gain by transforming "betrayal blindness" into the psychological phenomenon of "betrayal blindness", in which we implicitly choose unawareness in order to avoid the risk of seeing treachery or injustice Based on the authors' substantial original research and clinical experience carried out over the course of their own story of confronting betrayal Filled with fascinating case studies involving unfaithful spouses, abusive authority figures and corrupt institutions, to name a few In a remarkable collaboration of science and clinical perspectives, Jennifer J. Gray, a leading expert on betrayal and child abuse, teams up with Pamela Birrell, a psychotherapist and educator with 25 years of experience.

Moving Beyond Betrayal

The Politics of Otherness in Emergent U.S. Literatures and Culture

Leadership and Self-Deception

Trust Again

School Choice and the Betrayal of Democracy

The Betrayal of the Body

Challenges for Patient and Therapist

What Makes Love Last?

The presumed sovereignty of individuals and the facilitating powers of the markets have generated a universal and ethically neutral conception of both social and economic organisation. This groundbreaking text re-examines the purpose of society and the role of economics in it, arguing that the absence of a beneficial natural order calls for the role of the collective in social and economic life to be revisited. Drawing on some key figures marking milestones in the evolution of social and economic thinking, the author offers a critique of mainstream economics as a way of thinking and as a provider of guiding principles for economic and social organisation. Whilst Volume I looks at how economics' paradigmatic core betrayed us by its false promise, Volume II begins to consider whether the current status quo may in fact be a result of the way in which the academic community have instead betrayed economics. Starting with an exploration into the nature of human sociality and what the notion of the 'individual' means in both liberal classical and modern economics, the author moves on to address the organisational implications of these conclusions using the concept of 'social distance'. He then considers whether modern economics can accommodate such sociality whilst maintaining the same organisational principle of competitive decentralisation as the universal recipe for economic organisation. The text concludes by examining whether the fault can be found in the misconception of modern economics as a linear intellectual progression from liberal classical economics. This is done through a novel re-examination of liberal classical economics by developing Adam Smith's theory to answer such questions. This is a bold and foundational new work that offers an original and innovative perspective on economics and its challenges, addressing core areas such as behavioural economics, evolutionary game theory and links between social sciences (anthropology, philosophy) and neurosciences.

A guide to resolving conflicts caused by betrayal draws on ancient wisdom, stories, myths, and modern psychology to create exercises for moving beyond feelings of anger to trust and contentment Psychoanalyst Gruen argues that at the root of evil lies self-hatred, a rage originating in a self-betrayal that begins in childhood, when autonomy is surrendered in exchange for the "love" of those who wield power over us. He traces this pattern of adaptation and smoldering rebellion through a number of case studies, sociological phenomena, and literary worlds.

Straight Talk About Betrayal: A Self-Help Guide for Couples, by licensed therapist Donna R. Bellafiore, is a small gem of a book that empowers the couple whose partnership has been severely tested by infidelity or other major violation of trust. Concise and balanced, Straight Talk About Betrayal fosters partners' sensitivity to each other's pain and confusion as they interact and move through recovery. Bellafiore's summarized stages of recovery reduce self-doubts and uncertainties. Her practical steps help partners maintain personal health and stability, while equipping them with tools to manage stress and conflict. Tear-out evaluation sections help partners individually assess the strengths and weaknesses of their relationship. Advocating the uniqueness of each partner's-and each couple's-recovery experience, Straight Talk About Betrayal presents a new, pragmatic view of the age-old problem of betrayal

The 5-Step Boundary Solution for Partners of Sex Addicts

A Universal Rite of Passage

Betrayal

Breaking Free of Exploitive Relationships

Surviving Betrayal

Betrayal, Trust and Forgiveness

The Betrayal of Liberal Economics

How to Build Trust and Avoid Betrayal

A Christian Science Monitor Best Book of the Year From the award-winning author of Waiting and War Trash: a riveting tale of espionage and conflicted loyalties that spans half a century in the entwined histories of two countries—China and the United States—and two families. When Lilian Shang, born and raised in America, discovers her father’s diary after the death of her parents, she is shocked by the secrets it contains. She knew that her father, Gary, convicted decades ago of being a mole in the CIA, was the most important Chinese spy ever caught. But his diary, an astonishing chronicle of his journey as a Communist intelligence agent, reveals the pain and longing that his double life entailed—and point to a hidden second family that he’d left behind in China. As Lilian follows her father’s trail back into the Chinese provinces, she begins to grasp the extent of his dilemma: he is a man torn between loyalty to his motherland and the love he came to feel for his adopted country. She sees how his sense of duty distorted his life, and as she starts to understand that Gary too had been betrayed, Lilian finds that it is up to her to prevent his tragedy from endangering yet another generation of Shangs. A stunning portrait of a multinational family and an unflinching inquiry into the meaning of citizenship, patriotism, and home, A Map of Betrayal is a spy novel that only Ha Jin could write. Through attention to incidents of betrayal and self-betrayal in his fiction, this book traces the development of Conrad's conception of identity through the three phases of his career: the self in isolation, the self in society and the sexualised self. It shows how the early fiction negotiates the opposed dangers of the self-ideal and the surrender to passion; how the middle fiction tests the self-ideal code psychologically and ideologically; and how the late fiction probes sexuality and morbid psychology.

In this new, third edition of her award-winning book, Betrayal, Trust and Forgiveness, Dr. Beth Hedva combines best-practices in psychology with cross-cultural initiation rites and ancient mystery traditions to provide techniques for life-renewal and healing from betrayal wounds. Whether your lover let you down, your co-worker stabbed you in the back, or your life has been shattered by global events, you can get past the pain of betrayal and build a new life based on truth and Self-trust. Includes practical, step-by-step exercises to help readers apply Dr. Hedva's unique approach to turning challenges into positive growth experiences.

I've Kissed You For The Last Time is a book about lost and found relationships in the author's first 40 years. His self-betrayal contributes to the betrayal of the woman he loves and the demise of his first marriage. It is the loss of her love that teaches the author the depths of grief and the heights of love. Through the loss of love, the author regains the self he had betrayed. He decides that only in being true to one's self can a lover have anything to offer to a loved one. But the journey to recovery turns out to be much more painful than the author had imagined. He thought he was ready for the end of marriage. He was wrong! He finally knew he had kissed his wife for the last time. But, it would be a while before he could kiss her ghost goodbye.

Love and the Mystery of Betrayal

Recovering Your Trust and Faith After Trauma, Deception, and Loss of Love
The Final Act of the Trump Show
Breaking Through Betrayal
Loneliness and Self Betrayal
Overcoming Betrayal and Regaining Health, Confidence, and Happiness
Hope and Help for Women Whose Partners Have Been Unfaithful * 365 Daily Meditations
The Quantified Self

Betrayal in all its forms has been and is an ever present reality in every area of life--politics, business, and human relationships to name a few. Recent publications have chronicled the unethical actions of mental health and other human service professionals, yet the psychology of betrayal has received little public interest and attention. This book explores the many issues relating to psychotherapy and betrayal. The contributing authors of Betrayal in Psychotherapy and its Antidotes present the various faces of betrayal as may be encountered by therapists in the office or in the profession. They challenge therapists to understand the violations of trust that can occur within the therapeutic relationship. Readers are reminded that the trauma of betrayal manifests itself within all patients, regardless of the nature and expression of psychopathology. More importantly, the authors define betrayal as experienced with specific cases and they attempt to bring out underlying principles that are useful to therapists and the larger professional community. Readers will find their understanding of the concept of betrayal much expanded from the chapters in Betrayal in Psychotherapy and its Antidotes. For example, betrayal is discussed as a failure in the interpersonal or inter-subjective relationship between therapist and client in one chapter as opposed to the concept of betrayal as an act calculated to lead another person astray, an act of deception or treachery, and a breach of confidence and trust as considered in another chapter. Other approaches to betrayal and psychotherapy include: how to determine what is betrayal in psychotherapy the use of case examples to establish the importance of the therapist striving to remain true to the genuine potentiality of a patient how to avoid colluding with the patient's rejection of life the work of Alice Miller, a psychoanalyst by training, and the betrayal of children by abuse the paradoxical nature of psychiatric practice and its necessary reliance upon moral reasoning an investigation on the link between therapists'personal maturity and the success of therapy how traditional humanistic and analytic therapies can entrap both therapist and patient into a betrayal of self and the relationship implications of the "betrayal of the feminine" in males and their work with clients in a psychotherapy setting a case portrayal of "Teddy"--the betrayal of the betrayed

As commonly understood, professional ethics consists of shared duties and episodic dilemmas--the responsibilities incumbent on all members of specific professions joined together with the dilemmas that arise when these responsibilities conflict. Martin challenges this "consensus paradigm" as he rethinks professional ethics to include personal commitments and ideals, of which many are not mandatory. Using specific examples from a wide range of professions, including medicine, law, high school teaching, journalism, engineering, and ministry, he explores how personal commitments motivate, guide, and give meaning to work.

What is it like to recover from betrayal of trust today in a culture that is blind to the trauma and impatient with grief? When her long-time partner suddenly left her shortly before their wedding, the author found nothing had prepared her for the depth and duration of the pain. Despite having lived through her husband's death years earlier, she was stunned by the intensity of the suffering and could not understand why this shock hit so hard. Her loss of faith in this one person precipitated an existential and spiritual crisis that called her very understanding of human nature into question, and she wanted to know why. As she wrestled with what turned out to be a massive trauma, she began to keep careful notes of her inner life-hoping to capture the paradoxes of love, grief and longing mixed with bewilderment and post-traumatic stress. With fearlessness and bracing frankness, she succeeds. "Love and the Mystery of Betrayal" seamlessly blends research and reflection, love and heartbreak, rage and transformation, and the personal with the collective. The deep, engaging writing provides the type of solace only a kindred spirit who has been there can. This achingly moving chronicle and meditation on the mysteries of love and betrayal shows how faith and love can triumph even after the most life-shattering revelations and loss. "This story of heartbreak has a rare quality: it is absolutely honest." -Ginette Paris, PhD, "Heartbreak" ..".a powerful book that will serve many." -Tara Brach, PhD, "Radical Acceptance," "True Refuge" "Sandra Dennis does not sugar-coat the experience of abandonment and betrayal with easy tips on getting over it or with spiritual bypass sleight of hand... A much needed contribution to our collective healing..." -Francis Weller, Founder of Wisdom Bridge, "Entering the Healing Ground" "What Sandra Dennis tells us about the transformative power of suffering is so important and so true. I hope many read this book; many surely are in need of it." -Fr. Richard Rohr, "Silent Compassion," "Breathing Underwater" ..".a rare and beautiful book...invaluable for anyone interested in harnessing the deepest human heartbreak as a crucible for spiritual awakening...a triumph of spirit." -Miranda Macpherson, "Boundless Love" ..".a powerful and thoughtful book right from the heart that will be a source of comfort and assistance to a lot of hurting people." -Lundy Bancroft, "Why Does He Do That?" ..".probes the subject of betrayal in an almost kinesthetic way, like a dance that is also superbly intelligent." -Charlie Fisher, PhD, "Meditation in the Wild" and "Dismantling Discontent" "What a remarkable book Sandra Dennis has written! I celebrate her courage and discoveries, and welcome her home!" -Gangaji, "Hidden Treasure," "A Diamond in Your Pocket"

Trust Again provides comfort, support, and community for those struggling to heal from a painful experience with betrayal from a family member, partner, friend, coworker, or themselves. Readers move through the proven five stages from betrayal to breakthrough and are lovingly guided with tools and strategies along the way. --Sue Morter, author of The Energy Codes

*The Betrayal of the 'return to Self' Project
Betrayal in Psychotherapy and Its Antidotes
A Novel*

Broken Trust in Intimate Relationships

The Camelot Betrayal

Growing Beyond Betrayal

Straight Talk About Betrayal

Journey from Betrayal to Trust

Lerebus Shieldbreaker might be the personal body guard to Corvin Verkain, a prince of Kobalos, but what to do when the king himself decides all his children must die? And this is no ordinary king, but the famed Lord Verkain, one of the most powerful wizards known to the world. The only hope is in flight and possible exile, but Corvin will not leave Kobalos without attempting to save his brother. Lerebus finds himself taking part in a ruse to lure the king away from the two princes, but can Lord Verkain be fooled for long? And once the sovereign discovers the truth, what will be his form of vengeance?

Also available Shieldbreaker 1: Road of the Sword Shieldbreaker 2: An End to Rage Shieldbreaker 3: Betrayal of the Self Shieldbreaker 4: The Slave Pits of Mogus Potere Shieldbreaker 5: Following Bayne The Shieldbreaker Collection

When Your Life Has Been Turned Upside Down Filled with profound wisdom and clear, healing guidance, Surviving Betrayal is the essential companion for any woman whose life has been shattered by infidelity.

Author Alice May, who knows firsthand the devastating blow of spousal betrayal, gently leads women through the painful feelings of denial, desperation, and spiritual depletion that accompany infidelity.

She shares her experience and strength and that of other women on how to find healthy outlets for rage, survive the inevitable rough spots, regain trust in others, and allow truth to heal the pain. She helps women empower themselves to live their lives with grace, dignity, and calm.

"This volume deals with the subject of betrayal, and is appropriate as a self-help aid for clients. It also contains useful suggestions for therapists dealing with those who have experienced betrayal of trust."--Lucy R. Ferguson, Ph.D., member, AFTNC Faculty Member and Dean Emerita, CSPP, Alliant University.

"Even more valuable than its widely praised predecessor, The Culture of Narcissism." —John W. Aldridge Faced with an escalating arms race, rising crime and terrorism, environmental deterioration, and long-term economic decline, people have retreated from commitments that presuppose a secure and orderly world. In his latest book, Christopher Lasch, the renowned historian and social critic, powerfully argues that self-concern, so characteristic of our time, has become a search for psychic survival.

Overcome Past Hurts and Begin to Trust Again

Shieldbreaker: Episode 3: Betrayal of the Self

Meaningful Work

Why We Fool Ourselves We Aren't Being Fooled

The Insanity of Normality

Seeing Beyond Ourselves

Betrayal Bond, Revised

"One of the foremost relationship experts at work today applies the insights of science toward understanding the real meaning of trust between a couple. He decodes the "why" behind betrayal and shows how partners can avoid or recover from unfaithfulness and maintain a loving relationship. Dr. John Gottman, the country's pre-eminent researcher on marriage, is famous for his Love Lab at the University of Washington in Seattle where he deciphers the mysteries of human relationships through scientific research. His thirty-five years of exploration have earned him numerous major awards, including from the National Institute of Mental Health, the American Psychological Association, and the American Association for Marriage and Family Therapy. Now, Dr. Gottman offers surprising findings and advice on the characteristic that is at the heart of all relationships: Trust. Dr. Gottman has developed a formula that precisely calculates any couple's loyalty level. The results determine a relationship's likely future, including the potential for one or both partners to stray. A Love You Can Trust shows couples how to bolster their trust level and avoid what Dr. Gottman calls the "Roach Motel for Lovers." He describes how the outcome of--"sliding door moments," small pivotal points between a couple, can lead either to more emotional connection or to discontent. He suggests a new approach to handling adultery and reveals the varied and unexpected non-sexual ways that couples often betray each other. A Love You Can Trust guides couples through an empirically tested, trust-building program that will let them repair and maintain a long-term, intimate, and romantic relationship"--

"A book of profound insight and wisdom, written not just for those who have been betrayed, but for anyone who wants to build deeper, more trusting relationships." SUSAN M. CAMPBELL, Ph.D. Author of THE COUPLES JOURNEY LOVE & BETRAYAL explores the many forms betrayal can take, from keeping secrets and negative gossip to breaking promises and sexual infidelity. In the process, you can discover how to heal the wounds of past betrayals, what steps to take to forgive both yourself and your betrayer, and how to cultivate a climate of love and trust in your current relationships.

Rare is the person who has never been betrayed. It is a near-universal human experience. In The Judas Kiss: Growing Beyond Betrayal, family therapist and leadership development consultant John Brownlee draws on his clinical expertise to show us how we can overcome our pain and begin to heal. In this practical, common-sense book, he also teaches us how to spot betrayers sooner the next time--because there will be a next time. Brownlee goes deep into the multigenerational aspects of betrayal, touching on both its roots in our ancestors and its impact on our children and grandchildren. He offers hope and useful suggestions to help us soften potentially harmful effects on the family so future generations don't repeat damaging patterns. His no-nonsense approach is nonetheless laced with compassion as he encourages us to face difficult truths in order to move forward.

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Love & Betrayal

Self-deception Versus Self-betrayal

The Fear of Autonomy in Men and Women

Replacing a Fragmentary Account with a Unitary One

How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment

Joseph Conrad: Betrayal and Identity

Living and Loving after Betrayal

Partners experience dire consequences as a result of being in a relationship with someone suffering from compulsive sexual behavior. Their emotional well-being requires developing new skill sets for self-care and self-protection as they confront the difficult and painful process of discovery, disclosure, and beyond. In other words—they need boundaries. This is the first book specifically for partners affected by addictive behavior that addresses, in detail, how to identify, create, and maintain boundaries as a vital component of self-care and an indispensable tool for healing and growth. Moving Beyond Betrayal guides partners to define the current problem(s); identify needs that aren't being met; find where they have the power to effect change; take action; and evaluate the results to determine if their goal has been accomplished. The author examines all aspects of effective boundary work, including what to do when boundaries are violated. Through working the 5-Step Boundary Solution partners will: Gain clarity Reduce the chaos inherent in relationships impacted by sex addiction Feel more empowered and in control of their lives Discover whether or not their relationship with the addict is salvageable Vicki Tidwell Palmer is a Licensed Clinical Social Worker (LCSW), Certified Sex Addiction Therapist (CSAT), and Somatic Experiencing Practitioner (SEP) in private practice in Houston, Texas. She is the author of the blog for partners Survival Strategies for Partners of Sex Addicts.