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The Betrayal Bond Breaking Free of Exploitive

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The Betrayal Bond Breaking Free of Exploitive

The Betrayal Bond is probably the most marked-up, highlighted and worn book in my possession because it clearly explains, step-by-step, how bonds are created and maintained in destructive relationships.

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In The Betrayal Bond Patrick Carnes presents an in-depth study of these relationships, why they form, who is most susceptible, and how they become so powerful. He shows how to recognize when traumatic bonding has occurred and gives a checklist for examining relationships.

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Read "The Betrayal Bond: Breaking Free of Exploitive Relationships Breaking Free of Exploitive Relationships"

by Patrick Carnes, Ph.D. with Rakuten Kobo. Exploitive relationships can create trauma bonds--chains that link a victim to someone who is dangerous to them.

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trauma bonds. While this book will focus on the insane loyalties of betrayal bonding, it is important to understand the other seven dysfunctional options that people have to cope with betrayal. These options often become significant allies of one another. So if you have one, you probably have some of the others as well.

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In The Betrayal Bond Patrick Carnes presents an in-depth study of these relationships, why they form, who is most susceptible, and how they become so powerful. He shows how to recognize when traumatic bonding has occurred and gives a checklist for examining relationships. He then provides steps to safely extricate from these relationships.

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The Betrayal Bond Breaking Free of Exploitive Relationships

Exploitive relationships can create trauma bonds - chains of trust that link you to someone who is dangerous, abusive and toxic. Dr. Carnes will guide you toward freedom from an abusive cycle of destruction and betrayal. By its very nature, this journey to freedom and well-being takes courage and effort.

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