



# Overcoming Fear of Abandonment: The Ultimate Guide to Overcoming Fear of Abandonment and Getting Rid of Abandonment Issues for Good

*Wilson Ferguson*

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**If you're constantly afraid of being left behind or neglected by your partner, friends, or other loved ones, then this book is for you!**

**Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.**

The fear of abandonment typically results in a person unintentionally engaging in behaviors that push other people away, thus leading to their worst fear..... that of being abandoned. Then being abandoned causes the person to fear it even more in the future. There enlies the problem of this type of fear being a self-perpetuating downward spiral that can only get worse and worse – unless..... You decide to do something about it. Of course it's recommended to work with a therapist to resolve and diminish your fears, but that's not all you can do. Through a little effort, you may be able to work through these issues on your own. This ebook is meant to help serve you as a self-help guide to working through the fear of abandonment, so that you may finally be able to build flourishing and healthy relationships without panicking about what may or may not happen in the future. Let's get started!

## Here Is A Preview Of What You'll Learn...

- Building Healthier Relationships
- Getting Back to Where it All Began
- Finding Yourself and Becoming Self-Sufficient
- Practicing Acceptance
- Forgiving and Forgetting the Past
- Much, much more!

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Tags: dependent personality disorder, dependant personality disorder, afraid of being alone, i hate being alone, don't like to be alone, afraid of being abandoned, being abandoned, fear of abandonment, abandonment issues, overcoming fear of abandonment, overcoming abandonment issues, fear of abandonment in relationships, how to overcome fear of abandonment, how to deal with abandonment issues

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