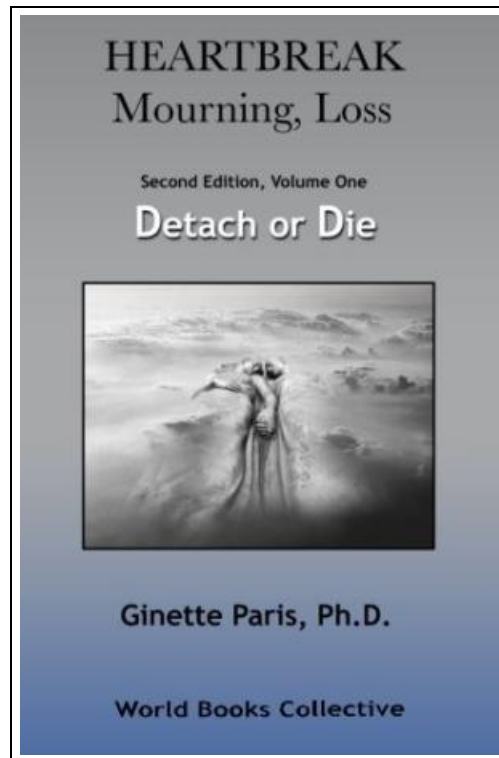


Heartbreak, Mourning, Loss, Volume 1: Detach or Die



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HEARTBREAK, MOURNING, LOSS, VOLUME 1: DETACH OR DIE



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World Books Collective. Paperback. Condition: New. 226 pages. Dimensions: 8.5in. x 5.5in. x 0.6in. The psychosomatic pain of heartbreak and mourning shows neurobiological evidence of stress similar to being submitted to torture. With time, the intensity of the pain may lessen, yet it is false to think that time heals all wounds! Many live the rest of their life with a captive heart, alone in the emotional desert of psychic numbness. The first challenge is to become aware of the instinctual fear that makes us say if you leave me, Ill-die. This fear poses a logical problem because to overcome it, you must learn to survive without the partner, which is precisely what you fear! You are like a patient who has been shot by an arrow Cupids arrow but is afraid to let the doctor pull it out. Living with an arrow sticking out from your chest makes life impossible. Recovery is not, as so many popular self-help books suggest today, an ego decision to move on. Recovery is the opposite of a willful decision, the opposite of an emotional shutting down which only mimics detachment. At the beginning of heartbreak, the brain reacts like that of a drug addict suddenly deprived of his or her drug. The behavior of the love-crazy is similar to that of the addict desperately searching for a fix. Hooked on hope, your brain is in a panic mode. Love is at the core of depressive, suicidal and murderous states. For the brain, lack of love, lack of food, lack of sleep, or a pit bull jumping at you are all kinds of threats. How you respond impacts not only your health but your destiny as well. In other words, either emotional suffering turns on the evolutionary switch, or your emotional shutting will destroy your...



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