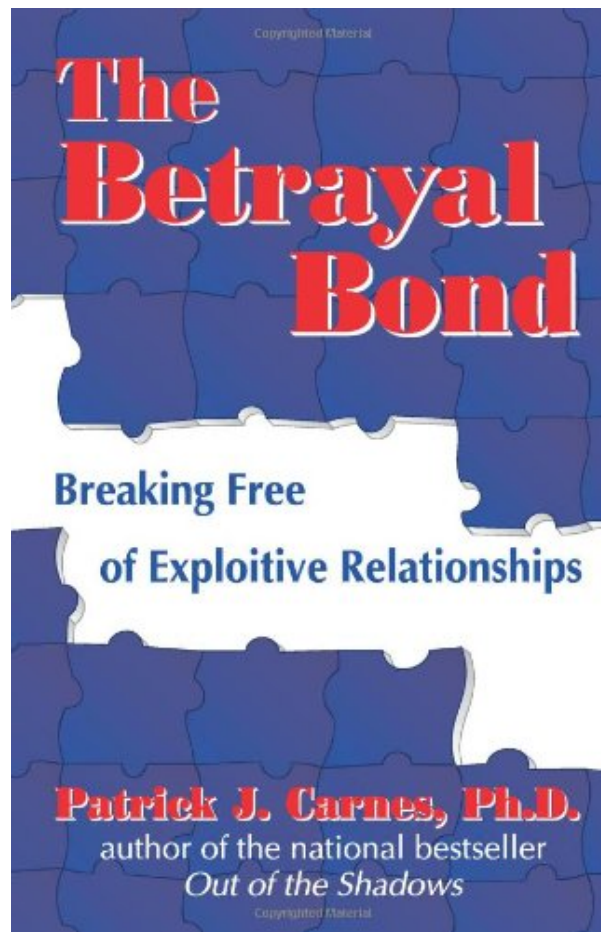
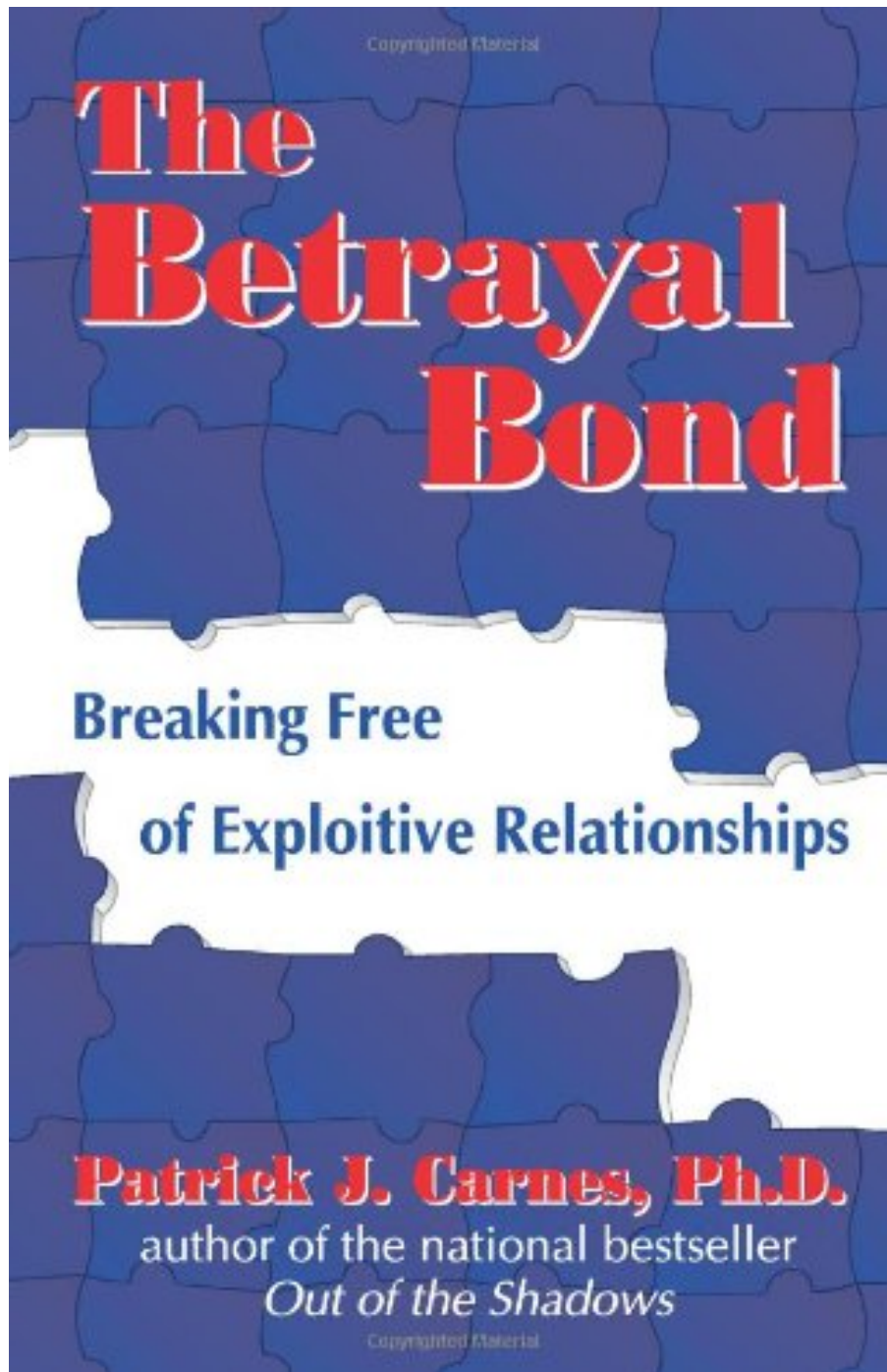


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## About the Author

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Exploitive relationships can create trauma bonds--chains that link a victim to someone who is dangerous to them. Divorce, employee relations, litigation of any type, incest and child abuse, family and marital systems, domestic violence, hostage negotiations, kidnapping, professional exploitation and religious abuse are all areas of trauma bonding. All these relationships share one thing: they are situations of incredible intensity or importance where there is an exploitation of trust or power.

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.

This is a book you will turn to again and again for inspiration and insight, while professionals will find it an invaluable reference work.

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- Dimensions: 8.51" h x .65" w x 5.51" l, .65 pounds
- Binding: Paperback
- 250 pages

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17 of 18 people found the following review helpful.

Very insightful...changed my wife's life

By Largid

My wife's ex husband was extraordinarily abusive, verbally, sexually, and at times, physically. He betrayed her with other women for the entire 30 years of their marriage, lying and manipulating her, and hurting their kids. Yet, after he divorced her, she clung to the hope that he would wake up and finally become the man he never was and come back to her. We met, fell in love, and married, yet the pain of that betrayal stayed with her even after our 10 years together, and when she was around him at family events, she was fearful, nervous, and felt as though she had no control. Worse, he would try to get her to reconnect with her to try to get her to cheat with him, but unsuccessfully. But it was unnerving, and she was afraid to force him to stop. Finally, she went to a trauma therapist, who had her read this book, and this book, along with the therapy changed her life. Trauma forms a strong bond, even though it's a negative bond, and you can break that bond....and she has. She now has good boundaries with him, keeps him away from her, and when at family events where he is, she is relaxed and fearless, and she won't allow him to come around her or even talk to her. It is a huge change inside her...that trauma bond is broken. It has changed her life...she is now opening up like a flower. It's wonderful to see us now enjoying life so much more and her wanting to do things she would not have...to be a bit adventuresome, and I smile since she is over 60, and yet, it's as if the happy, carefree person she was once, before she married her ex, is coming back. Yes, you can leave that abusive person behind.....read the book and find a therapist familiar with the book who has specialized training in betrayal bonding....you won't regret it.

2 of 2 people found the following review helpful.

I understand 40 years of betrayal bond now!

By Amazon Customer

I have been emotionally abused for 40 years, but didn't realize it until I started reading about verbal and emotional abuse. Two years ago, my husband of 38 years told me he had been having affairs for 20 years with two women we knew well. I fell apart. Because of the emotional abuse it took me a long time to begin to recover myself. This book is one of many that helped me get back to being a whole person. It has finally helped me see my part in maintaining a horribly broken relationship and what I need to do to break free from the cycle we were in and stand up to him and his family. Other books that I recommend are by Leslie Vernick and Lundy Bancroft. The other recovery exercise book that helped is "should I stay or should I go" (Patrissi/Bancroft). God is going to be victorious in me. These books have helped me get to a place where I finally could say to my husband that he needs help and will have to get it if we are going to work out; and I can now let go if he doesn't get that help.

6 of 6 people found the following review helpful.

A true eye opener from someone who has read practically every book available on trauma and abuse.

By NYC GIRL

My therapist recommended this book to me a few months ago. I have grown up with abuse and trauma my whole life and witnessed things that many could never possibly imagine. I ended up in several bad and dangerous relationships throughout my life and I could never understand why. Well I knew my past abuse and trauma was a part of it but why I attracted and stayed in the relationships whether it was with friends or romantic I could not figure out. Dr. Carnes did an amazing job writing it and left out all the medical terms and wrote in a way that anyone could understand and relate to. It doesn't matter if your problem was abuse, gambling, or even sex addiction this book applies to all walks of lives and does not just concentrate on one area. Definitely a huge eye opener for me. I have not fully finished the book and I am a fast reader but because of the work it involves and it can be triggering at times I am reading it at a much slower pace. I would definitely recommend this book to all who have experienced trauma or betrayal or if you have loved ones that have. Great read and book.

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how long. Figure 1.1 helps us understand how these two factors interact. Some events happen only once or just a few times, but the impact is so great that trauma occurs. The experience Lois had with the president of the company only lasted a few minutes, but the impact was significant and enduring. Rape, accident, assault and some types of child molestation fit this extreme form of trauma. So would being terminated without warning from a job after years of loyal service and excellent performance.

Some trauma experiences are relatively minor, but they happen every day. The hurt accumulates. Many acts of child neglect, for example, in themselves are not that serious. Every parent has moments of not being able to cover all the bases. A consistent pattern of neglect, however, creates incredible anxiety in a child and leaves serious lifelong wounds. Other examples include living in a toxic marriage or working in a toxic corporation. Little acts of degradation, manipulation, secrecy and shame on a daily basis take their toll. Trauma by accumulation sneaks up on its victims.

The compromises we make to trauma can deaden us over time. As one man described his recovery from a traumatizing marriage: "It was a full year after we split when I realized that my back felt different. It was relaxed and I could bend without effort. I had spent so many years braced for the next outburst, my back muscles were always tensed up. I never realized that while I was married." It's like walking into a room with a bad smell. The longer you stay in the room, the more the smell will seem to dissipate. Your olfactory system actually adjusts to the offensive odor. It's only by leaving the room that you will recover your sensitivity to the odor. It's the same with high stress, danger or anxiety; your body and mind will adjust and pay for it. Only after being away from traumatic circumstances will your sensitivity return.

Betrayals that cause horrendous and long-lasting traumas are the worst. Such was the Holocaust, or Vietnam, or Russia after Stalin's purge followed by the Nazi invasion. These emotional scars can be so severe that generations descended from those surviving will react in ways that still reflect the original trauma. No amount of what appears to be normal makes it safe. Patterns and attitudes evolve far beyond the individual and are incorporated into the fabric of family and society.

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