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Trauma Bonds by Patrick J. Carnes, Ph.D., CAS Abandonment and trauma are at the core of addictions. Abandonment causes deep shame. Abandonment by betrayal is worse than mindless neglect.

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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.

### **The Betrayal Bond: Breaking Free of Exploitive Relationships**

â€œIf you are reading this book, a clear betrayal has probably happened in your life. Chances are that you have also bonded with the person or persons who have let you down. Now here is the important part: You will never mend the wound without dealing with the betrayal bond.

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