



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

By Ginette Paris Ph. D.

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, I'll 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 Cupid's 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..

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