



Betrayal, Trust and Forgiveness: A Guide to Emotional Healing and Self-Renewal

Dr. Beth Hedva

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In this new, third edition of her award-winning book, *Betrayal, Trust and Forgiveness*, Dr. Beth Hedva combines best-practices in psychology with cross-cultural initiation rites and ancient mystery traditions to provide techniques for life-renewal and healing from betrayal wounds. Whether your lover let you down, your co-worker stabbed you in the back, or your life has been shattered by global events, you can get past the pain of betrayal and build a new life based on truth and Self-trust. Includes practical, step-by-step exercises to help readers apply Dr. Hedva's unique approach to turning challenges into positive growth experiences.

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