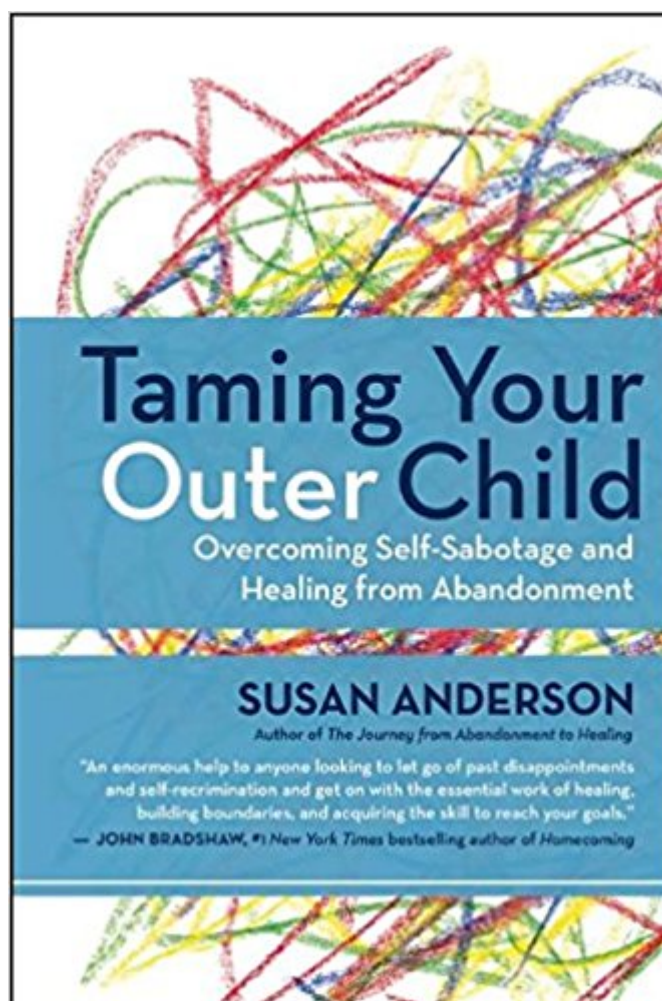


The book was found

Taming Your Outer Child: Overcoming Self-Sabotage And Healing From Abandonment



Synopsis

Take Control of Your LifeChances are, you've already had run-ins with your Outer Child – the self-sabotaging, bungling, and impulsive part of your personality. This misguided, hidden nemesis blows your diet, overspends, and ruins your love life. Your Outer Child acts out and fulfills your legitimate childlike needs and wants in the wrong place, at the wrong time, and in counterproductive ways: It goes for immediate gratification and the quick fix in spite of your best-laid plans. Now, in a revolutionary rethinking of the link between emotion and behavior, veteran psychotherapist Susan Anderson offers a three-step program to tame your Outer Child's destructive behavior. This dynamic, transformational set of strategies • action steps that act like physical therapy for the brain • calms your Inner Child, strengthens your Adult Self, releases you from the self-blame and shame at the root of Outer Child issues, and paves new neural pathways that can lead to more productive behavior. The result is happiness, fulfillment, self-mastery, and self-love.

Book Information

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Customer Reviews

“An enormous help to anyone looking to let go of past disappointments and self-recrimination and get on with the essential work of healing, building boundaries, and acquiring the skill to reach your goals.” – John Bradshaw, #1 New York Times bestselling author of *Homecoming*“With a program designed to undo primal fears, [Anderson] tackles such topics as lowered self-esteem, lovesick feelings, food urges, diet, chronic depression, procrastination, heartache, and a primary source of conflict with relationships, enormous emotional suction

cups. She also examines brain activity and factors preventing the body's production of such ‘yummy neurochemicals as oxytocin and vasopressin....[R]eaders under stress who are desperate for help will view this book as a valuable tool for healing. Publishers Weekly“Groundbreaking. PsychologyToday.com“Shows that self-defeating behavior can be changed without in-depth examination and resolution....A helpful scenario, requiring determination and commitment, for dealing with difficult issues. This will appeal to readers seeking change. Library Journal“The outer child is a bratty, angry drama queen who is responsible for unhealthful and unwanted behavior, according to the book. Anderson's three-prong outer child recovery program consists of dialoguing, guided visualization and action steps. The second half of the book addresses special applications for the program, such as dieting, procrastination, debt and depression. The Washington Post

Psychotherapist Susan Anderson, founder of the abandonment recovery movement, has thirty years experience working with the victims of trauma, grief, and loss. The author of The Journey from Abandonment to Healing (over 100,000 copies sold), she offers workshops throughout the world and lives in Huntington, New York.

Finally, a perspective I can work with and make sense of. So many hours spent in counseling and no one could explain what was going on so I could actually understand and grasp it. It's the awe moment I've been searching for. I had it all wrong. I was critical and dismissive of my inner child (feelings and emotional guidance) and so I completely lacked awareness to self love instead of criticize and loath my emotional side. This new found understanding will bring a whole new perspective and insight into handling insecurity and anxiety in a self loving and non reactionary way! Praise God!

This will become a bible for abandonment help!

Informative

have shared this with many of my clients. They love it

I have to say I'm grateful beyond words to this book, and to the author. The author brings tools to separate our feelings from our behaviors, so that we can act on our best interests despite cravings,

fears, or other issues. More importantly, it brings many other tools to make these feelings rise to the surface in a way we are perfectly equipped to deal with, WITHOUT having to dwell in our past for hours. For many of us, our feelings and needs are there and have been there, laying hidden underground, for many many years. If that is your case, this is your chance to rise up to the challenge of healing from the inside out, while at the same time you reach your dearest goals. It is possible! You have to put in some work, of course, but there is no magic pill for anything in life. Keep in mind, I'm as skeptical as they come, and it takes many positive results in order for me to build trust in anything. This book EVEN uses the feelings of doubt and helplessness in your favor! (But I won't tell you how they do that, you must buy the book first, ha). And it has definitely won my trust, my faith, and is now the most important tool I have at my disposal to aim for a higher future.

Incredibly eye opening book. It changed my life. I highly recommend it.

This is such an excellent book I recommend it to anyone dealing with these issues.

Good book about separating thinking from behaviour. Although it seems that the same can be achieved by mindfulness meditation. Anyway a lot of good insights.

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