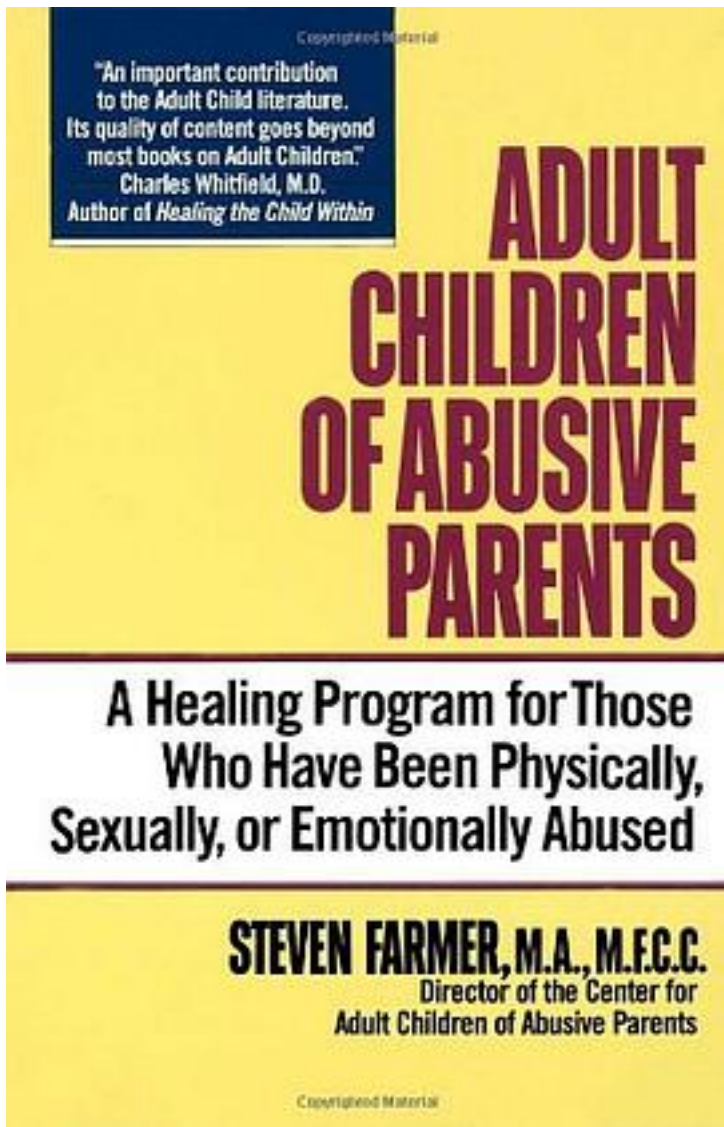


# Adult Children of Abusive Parents



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著者:Farmer

出版者:Ballantine Books

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A history of a childhood abuse is not a life sentence. Here is hope, healing, and a chance to recover the self lost in childhood. Drawing on his extensive work with Adult Children, and on his own experience as a survivor of emotional neglect, therapist Steven Farmer demonstrates that through exercises and journal work, his program can help lead you through grieving your lost childhood, to become your own parent, and integrate the healing aspects of spiritual, physical, and emotional recovery into your adult life.

作者介绍:

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## 标签

心理学

treatment

psycological

Steven,

Farmer

1990

## 评论

我觉得挺不错的，mindfulness based

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书评

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