

Making Peace with Your Past

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H. Norman Wright

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Do You: Harbor guilt or grudges from past relationships? Feel plagued by thoughts of regret? Think "Oh, no, not again!" when personal problems arise? Wonder why life hasn't turned out the way you wanted? Feel anxious or depressed about your future? Seem to be less happy as time goes by? If you answered yes to even one of these questions, this book can help you make peace with your past -- here and now. The past lives on in everything we think, feel, say, and do. Medical studies show that adults who've had adverse or traumatic past experiences are much more vulnerable to life-threatening illnesses such as cancer and heart disease. Now, world-renowned psychiatrist Dr. Harold Bloomfield, bestselling author of Making Peace with Your Parents and Making Peace with Yourself, offers practical, scientifically proven techniques that can help you heal the wounds of the past; transform feelings of pain, shame, and blame into high self-worth; and reawaken to the magic and joy of being alive.

作者介绍:

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