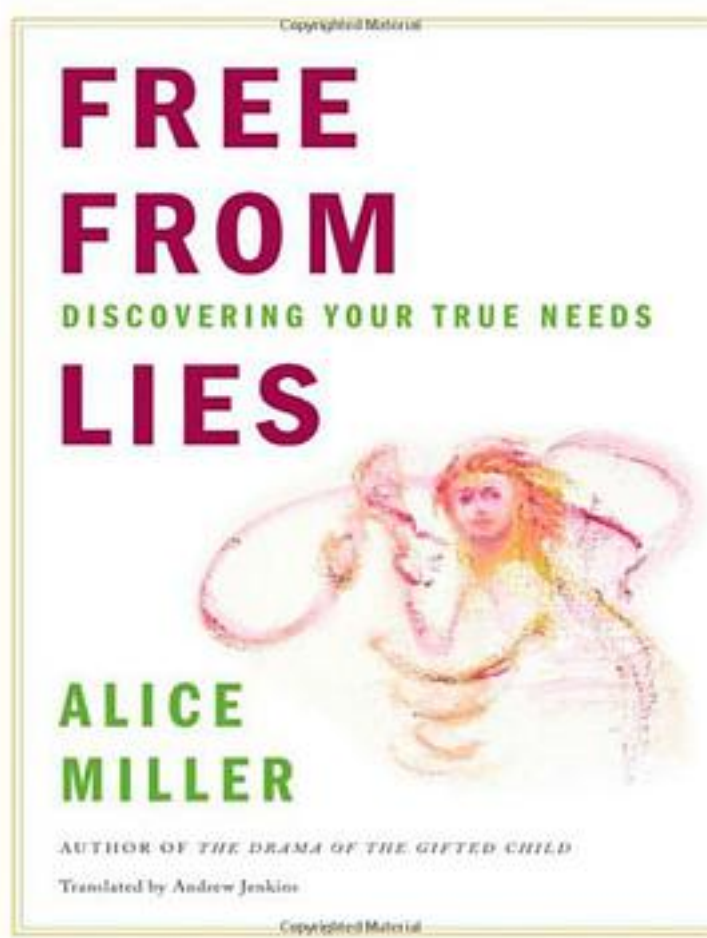


Free from Lies



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著者:Miller, Alice

出版者:

出版时间:2009-6

装帧:

isbn:9780393069136

An astoundingly moving and perceptive work on how adults can finally overcome the traumas of their childhood, "Free From Lies" is the culmination of a life devoted to

healing others. Since "The Drama of the Gifted Child", no one has been more influential than Alice Miller in empowering adults whose lives were maimed emotionally and physically as children. Now she goes further, presenting theories that enhance communication and enable adults to express emotions that have been trapped for years. Practical and perceptive, Miller's work explains what can be expected from therapy, how to identify the causes of pain and why subconscious pain, unaddressed for decades, manifests itself later as depression, self-mutilation, primal inadequacy and chronic loneliness. "Free from Lies" contains excerpts in which a mother learns how to communicate honestly, as well as a trove of Miller's answers to her thousands of readers.

作者介绍:

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