

Bad Childhood, Good Life

DR. LAURA SCHLESSINGER

Multi-million Copy Bestselling Author

BAD CHILD- HOOD,

How to blossom and thrive
in spite of an unhappy childhood

GOOD LIFE

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A Bad Childhood is easy to come by, but you don't have any control over it. A Good Life after a Bad Childhood is not easy to create, but you DO have control over that. In her new empowering book, Dr Laura Schlessinger, author of seven New York Times bestsellers, shows you how to blossom and thrive in spite of an unhappy childhood. Many people don't realize that their childhood history has impacted their adult thought and behavioural patterns in unfortunate ways -- are you one of them? You don't always see that much of your adult life has been dedicated to repeating ugly childhood dynamics in an attempt to repair deep childhood hurts and longings. And if you do, you don't know how to break free of the cycles of hurt. With the help of this thought-provoking and empowering new book, New York Times best-selling author, Dr. Laura Schlessinger, will enable you accept the truth of the assault on your psyche, understand your unique coping style and how it impacts your daily thoughts and actions, and guide you into a life of greater peace and happiness.

作者介绍:

目录:

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