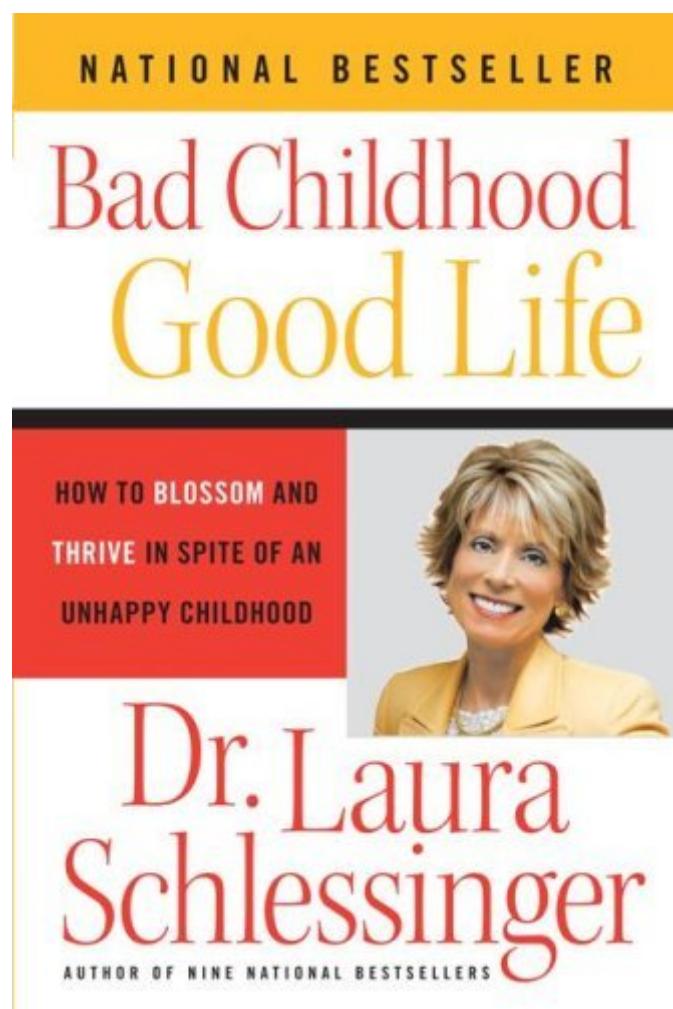


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Bad Childhood---Good Life: How To Blossom And Thrive In Spite Of An



Synopsis

In her most important book yet, Dr. Laura Schlessinger shows men and women that they can have a Good Life no matter how Bad their Childhood was. For each of us, there is a connection between our early family dynamics and experiences and our current attitudes and decisions. Many of the people Dr. Laura has helped did not realize how their histories impacted their adult lives, or how their choices in people, repetitive situations, and decisions -- even their emotional reactions -- were connected to those early negative experiences, playing a major role in their current unhappiness. Dr. Laura will help you realize that no matter what circumstances you came from or currently live in, you are ultimately responsible for how you react to them. The acceptance of this basic truth is the source of your power to secure the Good Life you long for. In her signature straightforward style, with real-life examples, Dr. Laura shows you what you will gain by not being satisfied with an identity as a victim, or even as a survivor -- you should strive to be a victor! In *Bad Childhood -- Good Life*, Dr. Laura will guide you to accept the truth of the assaults on your psyche and soul, understand your unique coping style and how it impacts your daily thoughts and actions, and help you embrace a life of more peace and happiness.

Book Information

File Size: 839 KB

Print Length: 272 pages

Page Numbers Source ISBN: 0060577878

Publisher: HarperCollins e-books; Reprint edition (October 13, 2009)

Publication Date: October 13, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B000FCKM3S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #108,158 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #44

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Customer Reviews

I've read nearly all of her books. I love her stuff, and this is probably her longest and most thorough list of helps for those of us surviving emotional and physical abuse. No slobbery hand holding here; only galvanizing truth that your abuser never told you, because you would have risen above them and triumphed in life. She has real compassion for us. Thanks, Doc, for being there for me.

This book saved my life, and when I say that I am not over emphasizing. I was headed into self destruction, and was given this book. It had given me the tools to deal with all of the past I didn't know how to handle, and she's so tough and straight forward it really got through. I am not one for self help books but this book was amazing, purchased it for several others since. There were times when I opened the book and threw it after reading because she was right. I couldn't help but continue to pick it back up and finish because I was finally getting through what needed to heal. It took me 2 very long years to finish it only because of what I needed to deal with, but it gave me myself back and helped me to live outside of the trauma I had experienced! It has stopped defining me, I highly recommend it.

I have battled to understand the symptoms of Bad Childhood in those closest to me for years without realising the underlying cause. This book clearly articulates the situations giving rise to these patterns of behaviours, and how they go on to manifest in adult life, as the wounded child facilitates the intergenerational transferrance of the pain onto the innocent parties surrounding them. This book has been a godsend to me, and I trust will be similarly to others. It is a revelation which has allowed me to discover that I am not insane, as I previously imagined myself to be.

Long time listener of Dr. Laura, this is probably the best, most helpful book for me. She also addresses the complaints that she "doesn't care about feelings" but in reality, she simply keeps them in perspective in our over-emotional, "me centered" culture.

This book is pertinent even for those who did not have a 'bad' childhood. Be patient with it, and you will find yourself gaining a lot of insight about yourself as well as others. Dr. Laura is a wealth of experience.

My youngest child wanted to read it and learned volumes from it...I read the first Chapter and had to stop...reality hit

Very wonderful! I bought this book for myself long ago and now buying it for my cousin. It is a very good book. Helpful!

Extremely well written and to the point. Would highly recommend to everyone. Even for those who had a good childhood, it can provide a deeper understanding of the behaviors and patterns of those we love and believe in.

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