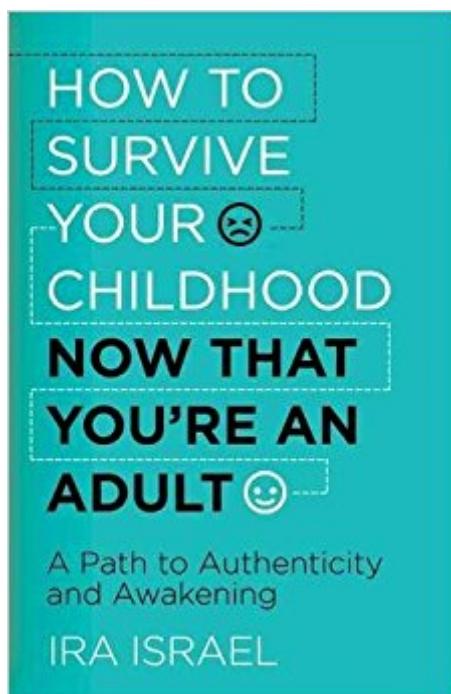


The book was found

How To Survive Your Childhood Now That You're An Adult: A Path To Authenticity And Awakening



Synopsis

Few of us are immune to the ideas we absorbed as children. We learned how to get approval or disapproval by creating the kinds of selves who would fit in and succeed with the "right" jobs, relationships, possessions, and so on. Even if we rebel against these ingrained notions by going in the opposite direction, we are still controlled by them. Either way, as adults we are often left feeling anxious or depressed because who we really are has been ignored. Author Ira Israel, a uniquely multidisciplinary therapist, offers a powerful, step-by-step path to recognizing the ways we've worked to get our needs met and changing them with an approach that allows for understanding and accepting who we really are, the recognition of our true calling, and the path to the authentic love we were born deserving.

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Customer Reviews

Ira Israel is a licensed psychotherapist and counselor. His Meditation Made Easy app and his DVDs, such as A Beginners Guide to Happiness, have given him a wide following. He leads numerous workshops and lives in Los Angeles, California.

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