

Breaking Free from the Victim Trap: Reclaiming Your Personal Power (Paperback)



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Reviews

This pdf might be really worth a go through, and far better than other. It can be packed with wisdom and knowledge Its been written in an exceedingly straightforward way and is particularly only soon after i finished reading through this pdf by which basically changed me, modify the way in my opinion.

(Earnestine Blanda)

BREAKING FREE FROM THE VICTIM TRAP: RECLAIMING YOUR PERSONAL POWER (PAPERBACK)



On Demand Publishing, LLC-Create Space, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. This book teaches people to connect their non-productive present-life circumstances with the source causes, and provides tested methods to change those that can and should be changed. The reader will begin to discover hope that healthy change is possible and gather determination to seek help to make those changes. This book identifies the victim, rescuer and persecutor personalities set forth in earlier ground-breaking work (and bestsellers) by Eric Berne, Claude Steiner and Thomas A. Harris. Breaking Free. builds upon this sturdy foundation of conflict resolution and takes the reader to the next level of healing. The easy-to-understand descriptions of the Victim Triangle help the reader to see how and why this may apply to him or her. There are a number of personal questionnaires and self-evaluation tests. For example, the reader can take a Victim Triangle Self Diagnosis Test, which is often helpful in motivating readers to seek and receive the healing they need and desire. The book describes through clear and dramatic case histories the connection between these victim patterns and most addictive behavior. This book presents a working model of what actually causes such self-deprecating behavior as alcoholism, sexual addiction, eating disorders, domestic violence, and the exhaustion of over-commitment seen in workaholics. Fascinating case histories assist the reader in recognizing this syndrome and how it may be wreaking havoc in their own lives and relationships. After careful consideration of causes and behaviors, the book provides simple tested treatment techniques that have been found to be extremely effective by thousands of clients. This is where Breaking Free From the Victim Trap breaks free of outdated methods and introduces a unique combination of healing techniques that virtually anyone can access....



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