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HEALING THE WOUNDS OF CHILDHOOD: THE SIX STAGES TO SELF-ACTUALIZATION



New University Press. Paperback Condition: New. 204 pages. Dimensions: 9.0in. x 6.0in. x 0.5in.Written by an experienced counselor of adults suffering from the PTSD typical of those raised in dysfunctional families, Healing the Wounds of Childhood describes the six-stage process of recovery for survivors from multiple kinds of childhood trauma. It serves as a practical guide for adult children from dysfunctional families choosing to confront and constructively deal with the pain of the past. Drawing from case studies, 12-Step Program..

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