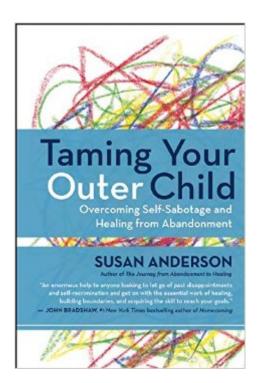
The book was found

Taming Your Outer Child: Overcoming Self-Sabotage And Healing From Abandonment





Synopsis

Take Control of Your LifeChances are, youâ ™ve already had run-ins with your Outer Child â " the self-sabotaging, bungling, and impulsive part of your personality. This misguided, hidden nemesis blows your diet, overspends, and ruins your love life. Your Outer Child acts out and fulfills your legitimate childlike needs and wants in the wrong place, at the wrong time, and in counterproductive ways: It goes for immediate gratification and the quick fix in spite of your best-laid plans.Now, in a revolutionary rethinking of the link between emotion and behavior, veteran psychotherapist Susan Anderson offers a three-step program to tame your Outer Childâ ™s destructive behavior. This dynamic, transformational set of strategies â " action steps that act like physical therapy for the brain â " calms your Inner Child, strengthens your Adult Self, releases you from the self-blame and shame at the root of Outer Child issues, and paves new neural pathways that can lead to more productive behavior. The result is happiness, fulfillment, self-mastery, and self-love.

Book Information

Paperback: 296 pages

Publisher: New World Library; Reprint edition (February 17, 2015)

Language: English

ISBN-10: 1608683141

ISBN-13: 978-1608683147

Product Dimensions: 5.9 x 0.7 x 8.8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews (36 customer reviews)

Best Sellers Rank: #17,038 in Books (See Top 100 in Books) #41 in Books > Self-Help >

Emotions #74 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

#682 in Books > Self-Help > Personal Transformation

Customer Reviews

Why do we do self-defeating things like procrastinate? We say yes to one more volunteer job when we have a book we long to write. We dust and vacuum a room we just cleaned when we have a painting to start. When we self-sabotage â " distracting ourselves with busyness or by procrastinating â " we blame, call ourselves names and end up feeling ashamed. We say we want to move forward, but canâ TMt take our foot off the parking brake. What is going on here?Psychotherapist and author Susan Anderson says in Taming Your Outer Child: Overcoming Self Sabotage and Healing from Abandonment that these self-sabotaging behaviors come from an

aspect of our personalities that most people arenâ ™t consciously aware of â " their Outer Child.Outer Child?Can you picture yours? Think terrible twos, brat, rebel, impulsive, the essence of You Canâ ™t Make Me. Picture hands on hips/scowl on face or tongue out/thumbs in ears with fingers wagging. Nanny Nanny Boo Boo. â œThe Outer Child,â • says Anderson, â œis a psychological concept that I have identified to describe the part of your personality that acts out your Inner Childâ ™s feelings in self-defeating ways, without giving you, the Adult in charge, a chance to intervene.â •The Inner Child lives in a womb of feelings while the high-octane Outer Child is all about behavior-- acting out, pulling out all the stops to get what it wants, whether that is saying NO with heels dug or dissipating energy in counter-productive activities. When triggered, Outer acts out Inner Childâ ™s feelings. Over the years it has developed its own patterns. One might be procrastinating or throwing a temper tantrum or inhaling the entire bag of chips. What a relief to realize we are more than our emotional inner child or brash outer rebel.

Download to continue reading...

Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment The Abandonment Recovery Workbook: Guidance through the Five Stages of Healing from Abandonment, Heartbreak, and Loss Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth. self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) When the Past Is Present: Healing the Emotional Wounds that Sabotage our Relationships Self-Sabotage Syndrome: Adult Children in the Workplace Forgive To Win!: End Self-Sabotage. Get Everything You Want The Boy No One Loved: A Heartbreaking True Story of Abuse, Abandonment and Betrayal Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame 10 Days to a Less Defiant Child,

second edition: The Breakthrough Program for Overcoming Your Child's Difficult Behavior Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) WICCA: Wicca Reiki Magic - A Beginners Guide To Wicca Spells and Reiki Healing (Wicca, Chakras, Witchcraft, Self Healing, Magic, and Crystal Healing) The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) The Anger Trap: Free Yourself from the Frustrations that Sabotage Your Life

Dmca