



The Kind Self-Healing Book: Raise Yourself Up with Curiosity and Compassion

Amy Eden

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If you grew up within a chaotic family environment caused by chronic inconsistency, stress, and emotional or physical abandonment or abuse-whether due to addictions, political unrest, war, or a parent's mental health issues -- *The Kind Self-Healing Book* is for you. If you are prone to anxiety, depression, self-doubt, people-pleasing, or decision-making influenced by fear, or if you want to free yourself of the coping behaviors that worked in a disordered childhood but don't serve you in adulthood, *The Kind Self-Healing Book* is for you.

As an adult child of alcoholics and the founder of the influential blog Guess What Normal Is (guesswhatnormalis.com), author Amy Eden understands the importance-and the particular challenges-of nurturing self-care and self-love, having embarked on the complex journey herself. As a result, this candid and sympathetic book invites readers to take a courageous look inside their hearts and minds, guided by sensitivity and love, so they may discover how some of their unconscious behaviors are hurting them.

Even in the center of some very raw emotion, you will find that the book's guidance and activities are gentle every step of the way, allowing you to cultivate great self-compassion. In examining the reactive, defensive, isolating, and safety-seeking behaviors that all adult children of alcoholic, addicted, or otherwise narcissistic and childlike parents have always utilized-simply as learned habits or survival mechanisms-you will begin a personal transformation of deep love and growth.

With whimsical and calming illustrations and a design that welcomes participation, The Kind Self-Healing Book encourages you to write your thoughts, feelings, and observations on its pages-inspiring, guiding, and supporting you throughout in making the kinds of changes that will enable you to lead the happier, more functional, and overall more balanced life you've always wanted.

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Daisy Richardson:

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Joseph Felder:

Playing with family in the park, coming to see the water world or hanging out with good friends is thing that usually you could have done when you have spare time, after that why you don't try issue that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love The Kind Self-Healing Book: Raise Yourself Up with Curiosity and Compassion, you may enjoy both. It is excellent combination right, you still wish to miss it? What kind of hangout type is it? Oh come on its mind hangout men. What? Still don't obtain it, oh come on its identified as reading friends.

Pedro Lewis:

What is your hobby? Have you heard this question when you got college students? We believe that that query was given by teacher to the students. Many kinds of hobby, Everyone has different hobby. So you know that little person just like reading or as looking at become their hobby. You need to know that reading is very important along with book as to be the factor. Book is important thing to incorporate you knowledge, except your teacher or lecturer. You discover good news or update concerning something by book. Different categories of books that can you go onto be your object. One of them is The Kind Self-Healing Book: Raise

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