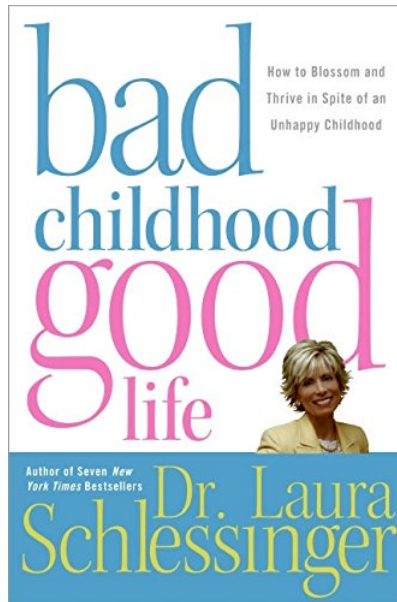


[GET] Bad Childhood---Good Life: How to Blossom and Thrive in Spite of an Unhappy Childhood



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In this important book, Dr. Laura Schlessinger shows men and women that they can have a Good Life no matter how Bad their Childhood. For each of us, there is a connection between our early family dynamics and experiences and our current attitudes and decisions. Many of the people Dr. Laura has helped did not realize how their histories impacted their adult lives, or how their choices in people, repetitive situations, and decisions -- even their emotional reactions -- were connected to those early negative experiences, playing a major role in their current unhappiness. For these people and millions like them, too much time is dedicated to repeating the ugly dynamics of childhood in a vain attempt to repair or cope with deep hurt and longings. Too often they use their emotional pain to control others or excuse their own inappropriate and destructive behaviors. Some turn to therapy, only to find themselves trapped in their self-pitying victim mode, robbed of optimism, confidence, and growth. Dr. Laura will help you realize that no matter what circumstances you came from or currently live in, you are ultimately responsible for how you react to them. The acceptance of this basic truth is the source of your power to secure the Good Life you long for. In her signature straightforward style, with real-life examples, Dr. Laura shows you what you will gain by not being satisfied with

an identity as a victim, or even as a survivor -- but striving to be a victor! In *Bad Childhood -- Good Life*, Dr. Laura will guide you to accept the truth of the assaults on your psyche and soul, understand your unique coping style and how it impacts your daily thoughts and actions, and help you embrace a life of more peace and happiness. *Bad Childhood -- Good Life* comes from a compassionate and personal place. Dr. Laura also reveals some of her own experiences with a difficult childhood and what efforts it took to attain a Good Life. She writes, "My resilience has paid off, and I'm doing the best I can with what I've got." Now you can, too.

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