



Thaw - Freedom from Frozen Feelings

By Msw Lcsw Don Carter

Createspace, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.THAW - Freedom from Frozen Feelings, is a book about the emotional wounds of abandonment, shame, and contempt created by growing up in a less-than-nurturing family. If you experience abandonment issues, emotional flooding, toxic shame, a pattern of dysfunctional relationships, or you help people who do, THAW - Freedom from Frozen Feelings is a must have. The book outlines the wounding process experienced by those who were raised in a less-than-nurturing family; how those emotional wounds show up in various personal and interpersonal problems in adulthood. An innovative, easy to understand, integrated model of addiction, codependency, enabling relationships, Adult/Child Syndrome and other manifestations of emotional abandonment is presented. Moderate to severe cases of abandonment comes from situations in which the child does not fully or consistently get their emotional dependency needs met such as when the child lives in a shame-based family system. In such families the children get messages of disapproval through constant criticism rather than messages of approval and warmth. A shame-based family system is characterized by the parent's use of shame to provide direction....



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