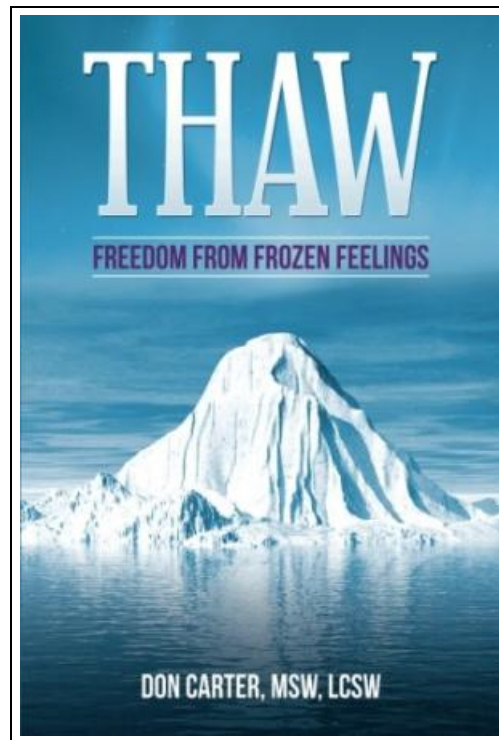


## Thaw - Freedom from Frozen Feelings



Filesize: 4.84 MB

### **Reviews**

*This book is fantastic. It really is packed with wisdom and knowledge I am pleased to explain how this is the greatest ebook I actually have go through in my personal daily life and can be the greatest ebook for at any time.*  
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## THAW - FREEDOM FROM FROZEN FEELINGS



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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. Children who get their dependency needs met fully on a regular basis will thrive, flourish, and grow at a healthy pace. Life will be good for these kids. In the worst case scenario, kids who do not get their needs met at all will experience a failure to thrive and many will even die from these emotional wounds, also known as original pain of abandonment of childhood dependency needs. When parents do not meet the needs of their children it is not usually because the parents don t love them. I say usually because there are those cases that one...



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