



Whos Really Running Your Life? Fourth Edition

By Peter K. Gerlach

Xlibris Corporation. Hardcover. Condition: New. 390 pages. Dimensions: 9.2in. x 6.2in. x 1.8in. Links below will take you to the non-profit Break the Cycle! Web site. Use your browser's back button to return. Premise - psychological wounding is epidemic in America because of an unseen inherited cycle of ineffective parenting and ignorance. This book describes the wounds, what they mean, and what to do about them. This third edition (2010) will introduce you to your inner family, and who leads it in calm and crisis times. If you don't know who comprises your inner crew or who's in charge of them, you may be living life as a hostage to a false self and not know it. If so, you're probably living well below your potential, and may also be wounding kids in your life without meaning to. The rest of the book outlines an effective way to reduce any significant wounds, and live a calmer, more authentic, productive, satisfying life. Notice your reaction to these proposals and to the book's title. I suspect you think 'Well, I am running my life! Sure - but have you ever thought about who I am?' Reality check: Have you ever had experiences like these? Blowing...



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Reviews

An incredibly great book with perfect and lucid answers. Better than ever, though I am quite late in starting to read this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).

-- **Nannie Lindgren Jr.**

Simply no words to spell out. It can be really fascinating through studying period of time. You will not really feel monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- **Dr. Isabella Turner**