



Changing Course: Healing from Loss, Abandonment and Fear

Claudia Black Ph.D.

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In *Changing Course*, the best-selling sequel to *It Will Never Happen to Me*, Claudia Black extends a helping hand to individuals working their way through the painful experience of being raised with addiction.

"How do you go from living according to the rules--Don't Talk, Don't Trust, Don't Feel--to a life where you are free to talk and trust and feel?" Black asks. "You do this through a process that teaches you to go to the source of those rules, to question them, and to create new rules of your own," she explains. Using charts, exercises, checklists, and real-life stories of adult children of alcoholics, Black carefully and expertly guides readers in healing from the fear, shame, and chaos of addiction.

Key features and benefits:

- proven seller by a trusted recovery author
- presents a clearly articulated process for healing
- excellent self-help resource for overcoming the experience of abandonment

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Evelyn Brown:

Spent a free time for you to be fun activity to do! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, about to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Might be reading a book can be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to test look for book, may be the e-book untitled Changing Course: Healing from Loss, Abandonment and Fear can be good book to read. May be it may be best activity to you.

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