



# Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment

By Susan Anderson

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Take Control of Your Life

Chances are, you've already had run-ins with your Outer Child — the self-sabotaging, bungling, and impulsive part of your personality. This misguided, hidden nemesis blows your diet, overspends, and ruins your love life. Your Outer Child acts out and fulfills your legitimate childlike needs and wants in the wrong place, at the wrong time, and in counterproductive ways: It goes for immediate gratification and the quick fix in spite of your best-laid plans.

Now, in a revolutionary rethinking of the link between emotion and behavior, veteran psychotherapist Susan Anderson offers a three-step program to tame your Outer Child's destructive behavior. This dynamic, transformational set of strategies — action steps that act like physical therapy for the brain — calms your Inner Child, strengthens your Adult Self, releases you from the self-blame and shame at the root of Outer Child issues, and paves new neural pathways that can lead to more productive behavior. The result is happiness, fulfillment, self-mastery, and self-love.

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*By Susan Anderson*

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### Editorial Review

#### Review

“An enormous help to anyone looking to let go of past disappointments and self-recrimination and get on with the essential work of healing, building boundaries, and acquiring the skill to reach your goals.”

— **John Bradshaw, #1 *New York Times* bestselling author of *Homecoming***

“With a program designed to undo primal fears, [Anderson] tackles such topics as lowered self-esteem, lovesick feelings, food urges, diet, chronic depression, procrastination, heartache, and a primary source of conflict with relationships, ‘enormous emotional suction cups.’ She also examines brain activity and factors preventing the body's production of such ‘yummy neurochemicals’ as oxytocin and vasopressin....[R]eaders under stress who are desperate for help will view this book as a valuable tool for healing.”

— ***Publishers Weekly***

“Groundbreaking.”

— **PsychologyToday.com**

“Shows that self-defeating behavior can be changed without in-depth examination and resolution....A helpful scenario, requiring determination and commitment, for dealing with difficult issues. This will appeal to readers seeking change.”

— ***Library Journal***

“The outer child is a bratty, angry drama queen who is responsible for unhealthful and unwanted behavior, according to the book. Anderson's three-prong outer child recovery program consists of dialoguing, guided visualization and action steps. The second half of the book addresses special applications for the program, such as dieting, procrastination, debt and depression.”

— ***The Washington Post***

#### About the Author

Psychotherapist **Susan Anderson**, founder of the abandonment recovery movement, has thirty years' experience working with the victims of trauma, grief, and loss. The author of *The Journey from Abandonment to Healing* (over 100,000 copies sold), she offers workshops throughout the world and lives in Huntington, New York.

### Users Review

#### From reader reviews:

#### Sarah Maddocks:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the actual Mall. How about open or perhaps read a book entitled Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment? Maybe it is to get best activity for you. You recognize beside you can spend your time together with your favorite's book, you

can smarter than before. Do you agree with the opinion or you have different opinion?

**Willette Bickel:**

The guide with title Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment has lot of information that you can understand it. You can get a lot of benefit after read this book. This particular book exist new understanding the information that exist in this guide represented the condition of the world currently. That is important to yo7u to learn how the improvement of the world. This particular book will bring you with new era of the the positive effect. You can read the e-book on your own smart phone, so you can read the idea anywhere you want.

**Lisa Martin:**

Your reading sixth sense will not betray an individual, why because this Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment book written by well-known writer whose to say well how to make book that can be understand by anyone who all read the book. Written inside good manner for you, still dripping wet every ideas and composing skill only for eliminate your hunger then you still doubt Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment as good book not merely by the cover but also by content. This is one guide that can break don't assess book by its protect, so do you still needing an additional sixth sense to pick this particular!?! Oh come on your looking at sixth sense already said so why you have to listening to an additional sixth sense.

**Jeff Brown:**

In this era which is the greater man or woman or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple way to have that. What you have to do is just spending your time not very much but quite enough to get a look at some books. One of the books in the top checklist in your reading list is definitely Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment. This book that is qualified as The Hungry Hills can get you closer in becoming precious person. By looking right up and review this publication you can get many advantages.

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