



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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Adrian White:

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Doris Snell:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their down time with their family, or all their friends. Usually they undertaking activity like watching television, likely to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Could be reading a book could be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the e-book untitled Changing Course: Healing from Loss, Abandonment and Fear can be fine book to read. May be it is usually best activity to you.

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