



Breaking Free from the Victim Trap: Reclaiming Your Personal Power

By Diane Zimmeroff

On Demand Publishing, LLC-Create Space, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. This book teaches people to connect their non-productive present-life circumstances with the source causes, and provides tested methods to change those that can and should be changed. The reader will begin to discover hope that healthy change is possible and gather determination to seek help to make those changes. This book identifies the victim, rescuer and persecutor personalities set forth in earlier ground-breaking work (and bestsellers) by Eric Berne, Claude Steiner and Thomas A. Harris. Breaking Free. builds upon this sturdy foundation of conflict resolution and takes the reader to the next level of healing. The easy-to-understand descriptions of the Victim Triangle help the reader to see how and why this may apply to him or her. There are a number of personal questionnaires and self-evaluation tests. For example, the reader can take a Victim Triangle Self Diagnosis Test, which is often helpful in motivating readers to seek and receive the healing they need and desire. The book describes through clear and dramatic case histories the connection between these victim patterns and most addictive behavior. This book presents a working...



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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...

It's taken me several years to reclaim the joyous aspects of my life and to become my authentic self - reclaiming my personal power and realizing that I can't be liked or accepted by everyone. For most of my life, I've been stuck in the "Approval Trap" because I've been fearful of losing the recognition of others. Fear of rejection often lies at the root of my tendency to bend over backwards to please others - sometimes at the expense of my own happiness. While it's admirable to be a caring person, learning to accept and respect myself has helped me to set healthy boundaries and to say "no" - sometimes at the expense of my own happiness. While it's admirable to be a caring person, learning to accept and respect myself has helped me to set healthy boundaries and to say "no" - sometimes at the expense of my own happiness. The following steps will enable you to exercise personal power and gain control of your life. Realize you simply can't be liked by everyone. Personal insights on breaking free from life's shackles : personal insights on breaking free from. 2012 - 167 Pages - 1.68 MB. Personal insights on breaking free from life's shackles : personal insights on breaking free from. 2012 - 158 Pages - 1.62 MB. The Natural Republic - Reclaiming Islam from Within - Free-Minds.Org. 2014 - 286 Pages - 5.3 MB. The bait of Satan : [living free from the deadly trap of offense]. 2009 - 160 Pages - 728 KB. The Bait of Satan: Living Free From the Deadly Trap of Offense. 2004 - 263 Pages - 976 KB. The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams. 1998 - 154 Pages - 780 KB. Breaking free from OCD: Overcoming obsessive compulsive disorder with CBT. item 4 Breaking Free from the Victim Trap : Reclaiming Your Personal Power, Paperback 4 -Breaking Free from the Victim Trap : Reclaiming Your Personal Power, Paperback £11.39. Free postage. item 5 Breaking Free from the Victim Trap: Reclaiming Your Personal Power 5 -Breaking Free from the Victim Trap: Reclaiming Your Personal Power. £11.51. Free postage. item 6 Breaking Free from the Victim Trap, Paperback, by Diane Zimmeroff 6 -Breaking Free from the Victim Trap, Paperback, by Diane Zimmeroff. £12.00. Free postage. Personal & Professional Development The Power of Now: A Guide to Spiritual Enlightenment Paperback Personal Development Books.