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In this compelling book, the authors

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present an innovative therapeutic model for understanding and treating adults from emotionally abusive or neglectful families? families the authors call narcissistic. Narcissistic families have a parental system that is, for whatever reason (job stress, alcoholism, drug abuse, mental illness,

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physical disability, lack of parenting skills, self-centered immaturity), primarily involved in getting its own needs met. The children in such narcissistic family systems try to earn love, attention and approval by satisfying their parents' needs, thus never developing the ability to

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recognize their own needs or create strategies for getting them met. By outlining the theoretical framework of their model and using dozens of illustrative clinical examples, the authors clearly illuminate specific practice guidelines for treating these individuals. Stephanie Donaldson-

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Pressman is a therapist, consultant,
and trainer. She is known for her work
with dysfunctional families, particularly
with survivors of incest. Robert M.
Pressman is the editor-in-chief and
president of the Joint Commission for
the Development of the Treatment and
Statistical Manual for Behavioral and

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This book is based on the author's clinical experience as director of a program in the paediatrics department of a large teaching hospital that assesses and treats a broad range of learning problems. He has consulted

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with thousands of families, explaining complex data in straightforward terms understandable to the parents. He coined the term "shut-down learner" to describe children who thrive with hands-on tasks requiring visual and spatial abilities, but who become discouraged by their difficulty

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mastering core academic skills such as reading and writing. As many as 40% of Americans experience problems with these core skills, and a significant proportion of them are spatial thinkers. This book is packed with techniques that parents can use to help their shut-down learner

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The Comprehensive Handbook for

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learning to stop bad habits at the source, you will take charge of your habits and addictions for good. Anything done repeatedly has the potential to form neural circuitry in the brain. In this light, habits and addictions are impersonal brain wiring problems that result from taking your

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years of philosophy and success
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love and encouragement to yourself. Or even better, you made it a daily habit. You'd be unstoppable. In this book, Mel teaches you how to start high fiving the most important person in your life, the one who is staring back at you in the mirror: YOURSELF. If you struggle with self-doubt (and who

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doesn't?) ... If you're tired of that nagging critic in your head (could somebody evict them already?) ... If you're wildly successful but all you focus on is what's going wrong (you're not alone) ... If you're sick of watching everybody else get ahead while you sit on the couch with your dog (don't bring

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