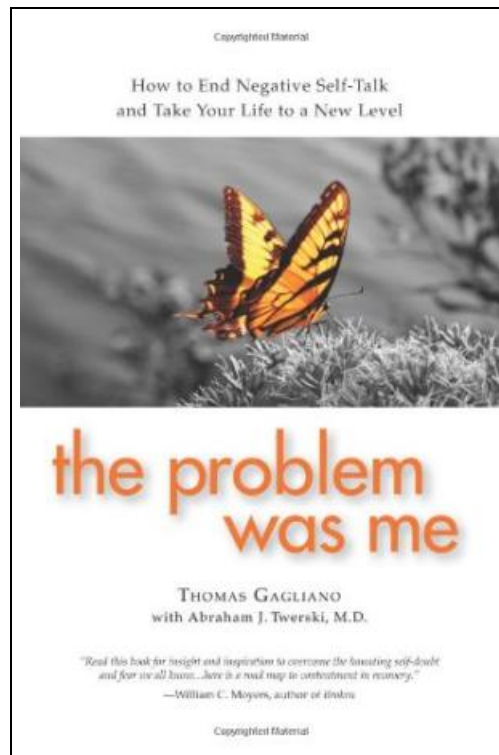


The Problem Was Me: How to End Negative Self-Talk and Take Your Life to a New Level (Paperback)



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Reviews

It is one of the most popular publications. It is actually really intriguing through looking at time period. Your daily life span is going to be change the instant you total reading this publication.

(Mrs. Shanna Mann)

THE PROBLEM WAS ME: HOW TO END NEGATIVE SELF-TALK AND TAKE YOUR LIFE TO A NEW LEVEL (PAPERBACK)

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Gentle Path Press (imprint of New Freedom Publications), United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. The Father s Day message in this book is loud and clear: As parents we are our children s first heroes, whether we want the responsibility or not. One of the most powerful messages I ever received came from my nine year old son. While watching a baseball game on television, my son asked me why the kids in the stands were so excited. I said some baseball players are heroes to the children. I suggested that someday one of those players might be his hero. My son paused and said to me, They may be my hero someday, but you will always be my first hero. I was so touched, I could not reply. As parents we are our children s first heroes, whether we want the responsibility or not. -excerpt from page 42 from The Problem Was Me Author Tom Gagliano shares his insights on healing from destructive behaviors and finding peace and spirituality. The book includes tools that he gained while recovering from his own personal struggle with negative and compulsive behavior. According to Gagliano and his co-author, Abraham Twerski, many of the common problems people face are brought on by unhealed childhood wounds. Throughout the book, Gagliano provides some very candid examples of how some of his childhood experiences resulted in unresolved feelings: I never accepted criticism well. Whenever someone disagreed with me, I d get defensive. It felt like I was being ridiculed. I am still dealing with childhood wounds and insecurity. Although my wife loved me very much, I did not love myself. By failing to accept my own weaknesses, I could not allow myself to be loved by anyone. I felt undeserving of...

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