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Not the Price of Admission: Healthy relationships after childhood trauma

Laura S. Brown

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Have you struggled to have the happy, emotionally nourishing relationships that you deserve? If you are a survivor of childhood trauma, neglect, or abuse, you've spent your life feeling as if happiness in love and friendship is for other people, not you. To have connections with others you've paid a price of admission to relationships, sacrificing your values, your safety, your sense of personal worth, and sometimes your financial security. You've felt unworthy of love. You believed, because of how you were treated when you were a child, that you had to pay these prices simply to have people be around you. You've been used and exploited by people who said they loved and cared about you. You've read every relationship self-help book on the market, but none of them seem to understand the ways in which your childhood trauma has affected your ability to be close to others. If this is your life, this book is for you. Drawing upon the author's four decades of working with survivors of childhood trauma, abuse, and neglect, this book teaches you to understand the emotional and neurobiological causes of your difficult relationship patterns. It describes effective strategies for learning how to trust yourself, how to assess other people more accurately, and how to take care of yourself emotionally so that you can have the healthy relationships that you deserve.

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