

DR. LAURA SCHLESSINGER

Multi-million Copy Bestselling Author

BAD CHILD- HOOD, ,

How to blossom and thrive
in spite of an unhappy childhood

GOOD LIFE

Bad Childhood Good Life

Judith Land, Martin Land



Bad Childhood Good Life:

Bad Childhood---Good Life Laura Schlessinger, 2006-01-03 In this important book Dr Laura Schlessinger shows men and women that they can have a Good Life no matter how Bad their Childhood For each of us there is a connection between our early family dynamics and experiences and our current attitudes and decisions Many of the people Dr Laura has helped did not realize how their histories impacted their adult lives or how their choices in people repetitive situations and decisions even their emotional reactions were connected to those early negative experiences playing a major role in their current unhappiness For these people and millions like them too much time is dedicated to repeating the ugly dynamics of childhood in a vain attempt to repair or cope with deep hurt and longings Too often they use their emotional pain to control others or excuse their own inappropriate and destructive behaviors Some turn to therapy only to find themselves trapped in their self pitying victim mode robbed of optimism confidence and growth Dr Laura will help you realize that no matter what circumstances you came from or currently live in you are ultimately responsible for how you react to them The acceptance of this basic truth is the source of your power to secure the Good Life you long for In her signature straightforward style with real life examples Dr Laura shows you what you will gain by not being satisfied with an identity as a victim or even as a survivor but striving to be a victor In *Bad Childhood Good Life* Dr Laura will guide you to accept the truth of the assaults on your psyche and soul understand your unique coping style and how it impacts your daily thoughts and actions and help you embrace a life of more peace and happiness *Bad Childhood Good Life* comes from a compassionate and personal place Dr Laura also reveals some of her own experiences with a difficult childhood and what efforts it took to attain a Good Life She writes My resilience has paid off and I m doing the best I can with what I ve got Now you can too [Summary of Laura Schlessinger's Bad Childhood-Good Life](#) Everest Media, 2022-03-01T21:00:00Z Please note This is a companion version not the original book Sample Book Insights 1 The calls to my radio show are coming from children who are being victimized by their parents I try to give them a positive perspective on the situation 2 The price you have to pay for something you want is that it hurts when you lose it The good part is that you get to see it Children need to learn that these lessons are universal experiences not just their personal unique horrible cross to bear 3 Many people especially children are affected by their parents divorce They may end up becoming career victims always unhappy demanding of others and a big chip on their shoulder 4 When you are a victim the past is in control of your present When you are a conqueror the present is controlled by your choices in spite of the pain and pull of your past It is difficult for some people to make these decisions and follow through but they can do it if they try [Honor Your Gifts](#) Dona Deane, 2007-10 But those who hope in the LORD will renew their strength They will soar on wings like eagles they will run and not grow weary they will walk and not be faint Isaiah 40 31 In this inspirational and uplifting book you will discover that everything happens for a reason and that changes are inevitable whether they arrive in the form of gains or losses You will also discover How to deal with your emotions in the

midst of a setback or loss How to rid yourself of negative attitudes and behaviors and gain a new perspective on life How to live your life with love truth honesty integrity and enthusiasm How to find peace happiness and fulfillment in our topsy turvy world Join Dona as she inspires you with her personal stories and words of encouragement She reminds you that you are not alone even when you are in the darkest valley God is with you After reading Honor Your Gifts you will become elevated by Dona s story and the accounts of others who have triumphed over their battles with homelessness poverty divorce and betrayal These stories will enrich your life and empower you to continue on life s journey in a positive direction no matter what challenges you ll encounter along the way Dona has a business administration and marketing background and owns a marketing and consulting services company She lives in Calgary Alberta Canada with her husband and two children Dona strives to celebrate and enjoy life s simple pleasures and she aims to inspire others to live their best lives Email dmmdeane@telus.net Website www.donamdeane.com

With My Face to the Wind Linda Anne King, 2012-02 Like cancer untreated PTSD can kill if not the body the mind and soul Linda King has portrayed in real time what it is like to live with full blown post traumatic stress disorder With My Face to the Wind is not only for those who have PTSD or those who support friends and family with PTSD but it is also for professionals who want a window into the mind and heart of someone struggling to overcome PTSD With this 2021 revision Linda hopes that readers who have lived with the symptoms of this disorder which often goes undiagnosed will learn coping skills along with hope and faith to continue on their journey Linda King s With My Face to the Wind is an inspiring read like no other Her story is one of the tragedies and triumphs with tears and laughter guiding the way Mrs King knows how to tell her tales and pushes her readers to better themselves by accepting themselves I suggest this book to anyone PTSD suffers mis understood teenagers and those who are perfectly fine This book will lead you to your best self Anna Katherine Beerman While sharing some of her personal tragedies Linda King weaves just enough verifiable psychological content without causing brain freeze to know that she s done her homework Her wit and humor shine through just in the nick of time Rhonda B Holmes Author The WORD Diet What you have written is too powerful to be read in one or two settings As a registered nurse I ve been accustomed to reading professional abstracts and journals quickly and incorporating new learning into my nursing practice It was the unanticipated emotional impact that caused me to read it in small doses spread over a couple of months and your format of introducing that information throughout the book as it coincided with stages in your own emotional journey will make it much easier for individuals affected by PTSD to understand and apply it to their own circumstances Elen Wright R N

Setting Boundaries® with Difficult People Allison Bottke, 2011-10-01 Continuing her popular Setting Boundaries series Allison Bottke offer her distinctive Six Steps to SANITY to readers who must deal with difficult people S Stop your own negative behavior A Assemble a support group N Nip excuses in the bud I Implement rules and boundaries T Trust your instincts Y Yield everything to God Whether it s a spouse in law boss coworker family member neighbor or friend readers who have allowed others to overstep their boundaries will learn

how these six steps can help them reset those boundaries and take back their life for good Setting Boundaries with Difficult People is designed to inspire empower and equip readers with the tools to transform lives **Adoption Detective** Judith Land, Martin Land, 2011 A passionate love affair between high school sweethearts creates an accidental pregnancy during a sultry night on the shore of Lake Michigan Rebecca's unforgiving parents banish her to an unwed mother's home where she secretly gives birth to a baby girl Her daughter Judy is placed in the loving care of foster parents before being callously given to Mario and Rosella Romano for adoption on her first birthday Reoccurring visions and fantasies of her birthmother plague Judy's consciousness for three decades until a life changing passage into adulthood causes her to question why she was abandoned What begins as a simple investigation into her medical and ancestral history slowly evolves into a passionate quest to discover her roots Through good timing perseverance and a few small miracles Judy eventually solves the mystery of her origins But will the woman she has been seeking welcome Judy back into her life About the Authors Judith and Martin Land live in Colorado and Arizona They told the entire story of Judith Land's adoption from her birth through adulthood to provide the reader with unique insights into the mind of an adoptee at various stages of her life Ten Stupid Things Men Do to Mess Up Their Lives Laura Schlessinger, 2002-12-03 For every woman who wants to know what her man is thinking Internationally syndicated radio superhost and columnist controversial psycho therapist and author of the break out New York Times bestsellers How Could You Do That and Ten Stupid Things Women Do to Mess Up Their Lives Dr Laura Schlessinger is back with Ten Stupid Things Men Do to Mess Up Their Lives In ten vital compelling chapters Dr Laura speaks her mind on Stupid Chivalry By getting involved with the wrong woman weak flaky damaged needy desperate stupid untrustworthy immature etc you think that your love will save transform her Stupid Independence Unwilling to admit need for bonding and intimacy you hide in excesses of work play drink drugs porn and meaningless sex Stupid Ambition Unable to comfortably and proudly accept your inherent importance to society and family as husband and father you bow to the false idols of money toys power and status Stupid Strength Uncomfortable with feeling weak vulnerable useless powerless or rejected you use intimidation force or passive aggressiveness to regain control Stupid Sex Taking an attraction opportunity or erection as a sign you measure your masculinity and power by sexual conquests infidelities and orgasms Stupid Matrimony Lacking a mature sense of the purpose meaning or value of marriage you realize too late you've gone down the aisle with the wrong woman for the wrong reasons and feel helpless to fix it Stupid Husbanding Thinking that marriage is the honorable discharge from loving courtship you continue to live as though you were single and your mommy wife will take care of everything else Stupid Parenting Believing that only women mothers nurture children you withdraw from hands on parenting to assert your masculine importance missing out on the true soul food of a child's hug Stupid Boyishness Having not yet worked out a comfortable emotional and social understanding with your mother you form relationships with women that become geared to avenge resolve or protect you from your ties to Mommy Stupid Machismo Understanding the true and

meaningful difference between being male and a man you can become a man **Setting Boundaries® with Your Aging Parents** Allison Bottke, 2010-04-01 This important book from the author of *Setting Boundaries with Your Adult Children* more than 40 000 sold will help adult children who long for a better relationship with their parents but feel trapped in a never ending cycle of chaos crisis or drama With keen insight and a passion to empower adult children Allison charts a trustworthy roadmap through the often unfamiliar territory of setting boundaries with parents while maintaining personal balance and avoiding burnout Through the use of professional advice true stories and scriptural truth readers learn how to apply the 6 Steps to SANITY S STOP your own negative behavior A ASSEMBLE a support group N NIP excuses in the bud I IMPLEMENT rules and boundaries T TRUST your instincts Y YIELD everything to God Resources are available at the ministry website www.settingboundaries.com *For Our Own Good: the Politics of Parenting in an Ailing Society* Erica Etelson, 2010-06-23 For *Our Own Good* examines the psycho social and political repercussions of prevailing approaches to child rearing Learn why warm and nurturing parents produce secure altruistic children who go on to form progressive political beliefs while the children of punitive authoritarian parents are bound by fear and shame to support right wing causes and candidates If you ve ever wondered how big a role parenting plays in shaping personality and the political and cultural values of the broader society this book is a must read *For Some Unknown Reason* Cecil Pellow, 2012 **Raising Respectful Children in a Disrespectful World** Jill Rigby, 2006-08-01 Author and speaker Jill Rigby maintains that our society has substituted self esteem for self respect and in the process we ve lost our manners In this inspirational and practical book she tells parents how to instill character and purpose in their children without erecting walls of rebellion In an effort to raise children with a healthy view of themselves parents have focused on self esteem rather than self respect And author Jill Rigby says there s a big difference It s the difference between self centered and others centered children the difference between performance driven and purpose focused teenagers This book also examines three different styles of parenting parent centered child centered and character centered Parent centered parents are more concerned with their own agenda than their child s best interest Child centered parents are more concerned with their child s approval than their child s well being Character centered parents are more concerned with their child s character than their child s comfort A chapter on the School of Respect gives guidance for tots to teens and what the goal for each age group is and what training is necessary to reach that goal This chapter also includes thirty six ways to cultivate a house of respect Drawing a distinction between performance and purpose this book maintains that rather than asking what you want your child to do you ask what you want your child to become In delineating the difference between being a coach to your child vs being a cheerleader the author teaches parents the difference in offering false and genuine praise and applauding mediocrity vs engendering excellence With wisdom and insight Jill Rigby shares age appropriate ways to set boundaries with children without building walls of separation Finally she calls for parents to discipline teach their children rather than punish them *Normal People Do the Craziest Things* David

Hawkins,2009-07-01 For every reader who has tried to hide and avoid their own crazy troubles bestselling author David Hawkins offers assurance that what they are experiencing is very normal and redeemable With biblical leading and a prescription for balanced perspective Hawkins directs readers to work toward health and wholeness as they explore the areas of life where they re scared of failure or rejection discover why fear phobia anxiety and depression begin and how to combat them deal with crazy or chaotic marriages and families with effective tools and guidelines manage stress and soothe the overwhelming feeling of being out of control realize problems are universal and that there is no shame in having struggles Since the Garden of Eden people have been hiding their sins and weaknesses Hawkins refreshing guide removes the barriers of emotion and stereotype that stand between a reader s normal problems and God s supernatural peace

Stop Whining, Start Living Dr. Laura Schlessinger,Laura Schlessinger,2008-03-11 Dr Laura Schlessinger agrees that there are things worth whining about A certain amount of whining allows for some venting of reasonable pain disappointment fear frustration or frank rage However staying stuck in whining mode can become a life long problem This is where Dr Laura steps in with Stop Whining Start Living to help folks conquer the temptation to retreat from living life to the fullest As she reveals in her introduction No matter what you ve suffered or continue to suffer while you are alive you have the opportunity to get something from this life and I m going to do my best to help you with that I know of what I speak as this has been my torturous journey also Building on the principles developed during her long career as a licensed marriage and family therapist and addressing the chronic struggles of so many of her listeners and readers Dr Laura issues an important message in the no nonsense but compassionate voice that is her trademark If you don t like your life quit talking about your unhappiness and try to fix it no matter how difficult or impossible your situation seems While it is healthy to vent occasionally endless rumination on the negative only keeps you paralyzed in misery reinforces hopelessness and demoralizes those around you who feel helpless to bring any happiness into your life Instead Stop Whining Start Living encourages whiners to reject negative thoughts emotions and attitudes shift perspective open up to gratitude and goodness and embrace obligations to loved ones and the world in general Before long just doing what you re supposed to be doing instead of moaning about why you can t or won t or shouldn t fulfill your responsibilities will have you feeling better about yourself and will uplift your interactions with family friends colleagues and even complete strangers in incredible ways Illustrated by calls and letters from members of Dr Laura s huge international audience Stop Whining Start Living features brave testimonials from real human beings facing real challenges These folks have benefited enormously from Dr Laura s powerful lessons Stop Whining Start Living gives readers stuck in their suffering the jump start they need to break out of reactive mode and get proactive moving in the direction of a joyful meaningful happy fulfilling and purposeful future Everyone can use a kick in the pants sometimes and Dr Laura who preaches teaches and nags to millions every day on her radio program is here to deliver it

Making Great Kids Greater Dorothy A. Sisk,2008-08-15 Dorothy Sisk is a venerable giant in the field of gifted education

Teachers will find this volume a gold mine of effective classroom strategies to develop the affective domain Anyone interested in the emotional development of the gifted will be delighted by this book From the Foreword by Linda Silverman Seamlessly weaves together research studies with personal narrative to illuminate the complex inner world of gifted students The book explores not only the unique sensitivities and social emotional challenges of the gifted but also their deep empathy intuitiveness and keen awareness of the moral and spiritual realm Joan Franklin Smutny DirectorThe Center for Gifted National Louis University Empower gifted students by helping them understand and value their gifts Gifted students often develop faster intellectually than socially and emotionally resulting in feelings of isolation or inadequacy This book provides educators with a window into the world of the gifted child discusses how to develop the talents of gifted children with consideration for their unique needs and suggests ways to help great kids become greater Written by gifted education expert Dorothy A Sisk this practical resource offers techniques strategies and lessons to help gifted students bridge the gap between their cognitive and social emotional development Showing how to support learners who may experience difficulties associated with excitabilities identified by psychologist Kazimierz Dabrowski this resource Presents real stories of gifted students Includes teacher voices and vignettes Integrates research into each chapter to build a foundation for the suggested activities and strategies Provides recommended reading lists and Web sites for further exploration Making Great Kids Greater helps parents teachers and counselors of gifted children ensure students emotional well being and enable them to reach their full potential

The Speed of Trust Stephen M. R. Covey, 2008-09-04 From Stephen R Covey s eldest son come a revolutionary book that will guide business leaders public figures and their organizations towards unprecedented productivity and satisfaction Trust says Stephen M R Covey is the very basis of the 21st century s global economy but its power is generally overlooked and misunderstood Covey shows you how to inspire immediate trust in everyone you encounter colleagues constituents the marketplace allowing you to forego the time killing and energy draining check and balance bureaucracies that are so often relied upon in lieu of actual trust

The Proper Care and Feeding of Marriage Dr. Laura Schlessinger, Laura Schlessinger, 2007-01-02 In the long awaited follow up to her groundbreaking million copy bestseller The Proper Care and Feeding of Husbands Dr Laura now focuses on how men and women need to understand and appreciate the uniqueness of masculinity and femininity what the best ways to relate caretake and nurture each other are and how to bring a marriage back from the brink of disaster Dr Laura asserts that in order to produce and sustain a wonderfully satisfying marriage spouses must recognize and appreciate the polarity between the masculine and the feminine Both husband and wife have power in the relationship and each needs to realize this in order to ensure personal satisfaction Using real life examples from her call in radio show and giving real life solutions Dr Laura focuses on the typical mistakes made by men and women in their relationships and shows how marriages can not only survive but thrive

Well-Being Research in South Africa Marié P. Wissing, 2013-05-13 This is the first book to bring together examples of research in positive

psychology psychofortology conducted in the multi cultural South African context with its diverse populations and settings The volume reflects basic as well as applied well being research in the multicultural South African context as conducted in various contexts and with a variety of methods and foci Theoretical review and empirical research contributions are made reflecting positivist to constructivist approaches and include quantitative qualitative and mixed method approaches Some findings support universality assumptions but others uncovered unique cultural patterns Chapters report on well being research conducted in the domains of education work health and family and in clinical urban vs rural and unicultural vs multicultural contexts Studies span the well being of adolescents adults and older people and topics include resilience in individuals families and groups measurement issues and coping processes the role of personal and contextual variables and facets such as hope spirituality self regulation and interventions

Self-Help That Works John C. Norcross Ph.D., Linda F. Campbell Ph.D., John M. Grohol PsyD, John W. Santrock Ph.D., Florin Selagea M.S., Robert Sommer Ph.D., 2013-03-05 Self Help That Works is an indispensable guide that enables readers to identify effective self help materials and distinguish them from those that are potentially misleading or even harmful Six scientist practitioners bring careful research expertise and a dozen national studies to the task of choosing and recommending self help resources

Getting Through What You're Going Through Robert A. Schuller, 2008-04-15 Robert A Schuller offers ten principles based on Psalm 23 to help break down the barriers to healing and help readers get through their difficult times Whether you re facing divorce illness the death of someone you love a financial setback or any other seemingly insurmountable problem this book can be the answer to your prayers Schuller s ten principles will take you verse by verse through the Twenty third Psalm while breaking down barriers to healing including self pity guilt fear and the inability to forgive Above all Getting Through What You re Going Through proves the healing power of faith and prayer To get through what you re going through you must be willing to be carried and that takes trusting explains Schuller Let go and let God support you and your faith will lead you out of the valley into the Promised Land

Setting Boundaries for Women Allison Bottke, 2013-08-01 Women who have trouble setting and enforcing appropriate boundaries with the people in their lives will find help and inspiration in the latest offering in Allison Bottke s popular Setting Boundaries series Her six steps to SANITY are S Stop your own negative behavior A Assemble a support group N Nip excuses in the bud I Implement rules and boundaries T Trust your instincts Y Yield everything to God Allison s new book will help women who have allowed others to overstep their boundaries whether it s a spouse an adult child a boss a parent a neighbor or a friend Setting Boundaries For Women is designed to inspire empower and equip women with the tools to transform lives

Discover tales of courage and bravery in is empowering ebook, **Bad Childhood Good Life** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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Bad Childhood Good Life Introduction

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