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## Taming Your Outer Child: Overcoming Self-Sabotage And Healing From Abandonment Book Pdf

"Trauma leaves its traces deep within the emotional brain, generating intrusive feelings of anxiety and helplessness. *Heal the Body, Heal the Mind* is a comprehensive, effective guidebook that takes victims of trauma along a path of deep recovery, allowing them to bring emotional, spiritual, and cognitive energy directly to the source of their wounds."

—**Susan Anderson**, author of  
*The Abandonment Recovery Workbook* and  
*Taming Your Outer Child*

"Susanne Babel offers an admirably comprehensive, readable, and practical guide to recognizing the various forms of trauma and how to heal from it so that our lives can move forward. Through her deep insights, gentle guidance, and helpful exercises, this book offers a pathway to reconnecting with ourselves and moving toward a more joyful and meaningful life. I highly recommend this book."

—**John Amodeo, PhD**, author of  
*Dancing with Fire* and *Love and Betrayal*

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