



# Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment

By Susan Anderson

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## Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment By Susan Anderson

### Take Control of Your Life

Chances are, you've already had run-ins with your Outer Child — the self-sabotaging, bungling, and impulsive part of your personality. This misguided, hidden nemesis blows your diet, overspends, and ruins your love life. Your Outer Child acts out and fulfills your legitimate childlike needs and wants in the wrong place, at the wrong time, and in counterproductive ways: It goes for immediate gratification and the quick fix in spite of your best-laid plans.

Now, in a revolutionary rethinking of the link between emotion and behavior, veteran psychotherapist Susan Anderson offers a three-step program to tame your Outer Child's destructive behavior. This dynamic, transformational set of strategies — action steps that act like physical therapy for the brain — calms your Inner Child, strengthens your Adult Self, releases you from the self-blame and shame at the root of Outer Child issues, and paves new neural pathways that can lead to more productive behavior. The result is happiness, fulfillment, self-mastery, and self-love.

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*By Susan Anderson*

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### Editorial Review

#### Review

“An enormous help to anyone looking to let go of past disappointments and self-recrimination and get on with the essential work of healing, building boundaries, and acquiring the skill to reach your goals.”

— **John Bradshaw, #1 *New York Times* bestselling author of *Homecoming***

“With a program designed to undo primal fears, [Anderson] tackles such topics as lowered self-esteem, lovesick feelings, food urges, diet, chronic depression, procrastination, heartache, and a primary source of conflict with relationships, ‘enormous emotional suction cups.’ She also examines brain activity and factors preventing the body's production of such ‘yummy neurochemicals’ as oxytocin and vasopressin....[R]eaders under stress who are desperate for help will view this book as a valuable tool for healing.”

— ***Publishers Weekly***

“Groundbreaking.”

— **PsychologyToday.com**

“Shows that self-defeating behavior can be changed without in-depth examination and resolution....A helpful scenario, requiring determination and commitment, for dealing with difficult issues. This will appeal to readers seeking change.”

— ***Library Journal***

“The outer child is a bratty, angry drama queen who is responsible for unhealthful and unwanted behavior, according to the book. Anderson's three-prong outer child recovery program consists of dialoguing, guided visualization and action steps. The second half of the book addresses special applications for the program, such as dieting, procrastination, debt and depression.”

— ***The Washington Post***

#### About the Author

Psychotherapist **Susan Anderson**, founder of the abandonment recovery movement, has thirty years' experience working with the victims of trauma, grief, and loss. The author of *The Journey from Abandonment to Healing* (over 100,000 copies sold), she offers workshops throughout the world and lives in Huntington, New York.

### Users Review

#### From reader reviews:

##### Tommie Payton:

The book *Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment* will bring you to definitely the new experience of reading some sort of book. The author style to clarify the idea is very unique. In case you try to find new book to see, this book very suitable to you. The book *Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment* is much recommended to you to study. You can also get the e-book through the official web site, so you can more easily to read the book.

**Michelle Mills:**

The reserve untitled Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment is the e-book that recommended to you you just read. You can see the quality of the guide content that will be shown to a person. The language that article author use to explained their ideas are easily to understand. The article author was did a lot of study when write the book, and so the information that they share for you is absolutely accurate. You also will get the e-book of Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment from the publisher to make you a lot more enjoy free time.

**Edward Trotta:**

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**William Luke:**

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