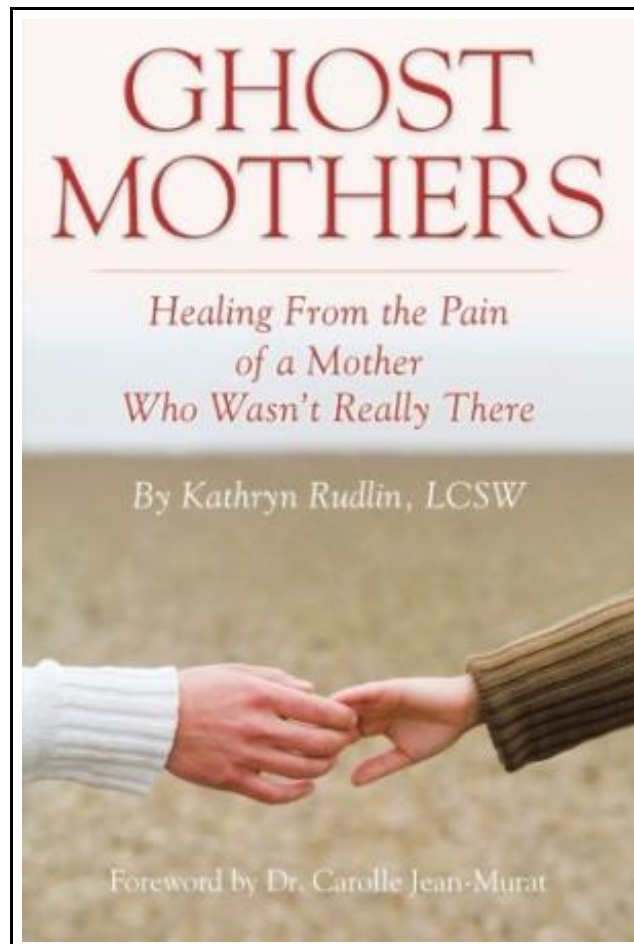


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GHOST MOTHERS: HEALING FROM THE PAIN OF A MOTHER WHO WASNT REALLY THERE



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AuthorHouse. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 8.9in. x 5.9in. x 0.4in. ARE YOU HAUNTED by your past, unable to be the person you long to be The core cause of your emotional, physical or spiritual problems may be unresolved issues from being raised by a GHOST MOTHER. Ghost mothers are unable to connect emotionally. You needed so much from her, and got so little. Now this reality keeps you from becoming the empowered woman you want to be. Illuminating the ghost-issues that keep you stuck will immediately help you to move beyond the pain of your past. Based on the authors healing journey, and the haunting stories of other ghost daughters, this book explores the impact of an illusive past, and provides healing strategies for embracing a visible life. LEARN the 6 proven ghost-busting strategies to create a life in which you are no longer haunted by the pain of being raised by a ghost mother. RECOGNIZE: the reality of your past and what your ghost mother couldnt provide. RELEASE: the pain that creates negative emotions, and damages your spirit. REFOCUS: on a strong identity that allows you to get your needs met. RESTORE: your confidence, emotional strength, and self-knowledge. RENOVATE: your perception of yourself in powerful ways. REWRITE: a new life-script using the hidden gifts of being raised by a ghost. You will have no choice, if you are willing, than to create the kind of powerful life you want. I am very proud of how Kathryn decided to take her painful experiences and turn them into a positive opportunity to help others heal. This book combines her challenging experience, and all that she has learned from counseling others in a compelling and very personal way, to show how to reduce the amount of time spent suffering...



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