

# Taming Your Outer Child Overcoming Self Sabotage The Aftermath Of Abandonment

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propel your growth, help restore your sense of self, and increase your capacity for love This workshop is particularly useful for health and healing professionals in their work with clients and patients Recommended reading: Anderson, Taming Your Outer Child, Journey from Abandonment to Healing, and Black Swan: 12 Lessons of Abandonment Recovery

### **ESALEN INSTITUTE CONTINUING EDUCATION MFT/LCSW/LPCC/LEP**

defeating patterns, the tools will propel your growth, help restore your sense of self, and increase your capacity for love This workshop is particularly useful for health and healing professionals in their work with clients and patients Recommended reading: Anderson, Taming Your Outer Child, Journey from Abandonment to Healing, and Black Swan:

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### **Contents**

lished The integrated Adult, Inner Child, and Outer Child can now work together to realize goals Specifically addressing issues such as procrastination, depression, and anxiety, Anderson helps readers break free of self-defeating patterns and blaze healthier, happier trails Taming Your Outer Child Overcoming Self-Sabotage and Healing from

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self-sabotage gets in the way of your success, and you are tired of being sick and tired, you'll want to work your way through this very positive 90 day programAs a licensed professional counselor I know that self-sabotage is an issue for many clients, and most of us would have to admit that it has plagued our life from time to time