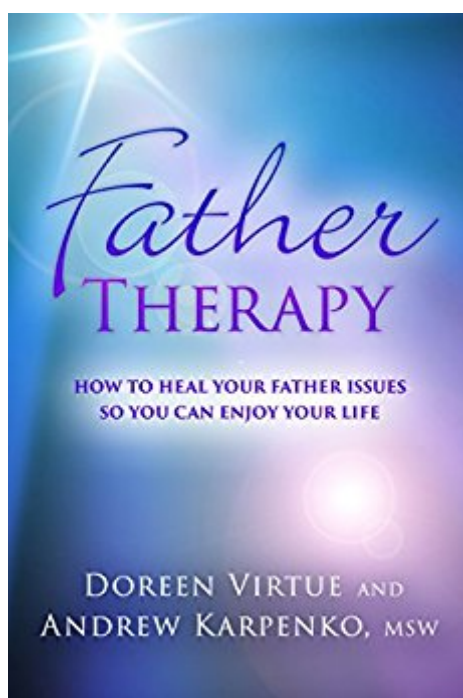


The book was found

Father Therapy: How To Heal Your Father Issues So You Can Enjoy Your Life



Synopsis

Wounds from primal relationships, such as those with mothers and fathers, run very deep. If your childhood involved an absent, addicted, or abusive father, you may have these “emotional ghosts”:

- Low self-esteem
- People-pleasing, approval-seeking, neediness, and codependency
- Wishing and praying that your dad would change into the father you believe he should be
- Feeling frequently angry, including repressed anger
- Choosing romantic partners who remind you of your dad
- Intimidation surrounding male authority figures

In this insightful and compassionate book, former psychotherapist Doreen Virtue and practicing clinical social worker Andrew Karpenko present a range of self-healing techniques to empower you to counsel your inner wounded child so that you can deal with men as a healthy functioning adult. Whether you are a man or a woman, they help you to choose thriving, balanced relationships with the males in your life; open your heart to feeling safe receiving love; and reconnect with both divine feminine and masculine energies. All of your painful experiences have happened for a reason. There are parts of your psyche calling out for attention. Healing your father wounds will free you from lingering feelings of emptiness and patterns of dysfunction with men.

• to pursue your passion and life purpose unfettered by the past.

Book Information

File Size: 8475 KB

Print Length: 202 pages

Page Numbers Source ISBN: 1401949290

Publisher: Hay House (August 8, 2017)

Publication Date: August 8, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0721P3VR2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #28,664 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22

inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Mental Illness #40 inÃ Â Books > Parenting & Relationships > Family Relationships > Dysfunctional Families #74 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies

Customer Reviews

Finally.

I have been learning the patterns of my life in recent months, from narcissists and bad relationship patterns. I have been reading this book all weekend and I can't put it down, I have used more highlighter on every page. Doreen and Andrew I think you have just changed my life! I can't wait to get to the healing parts because you have expertly identified something deep within me. Thank you.

In this easy to read book, Doreen and Andrew share insight about 'the father wound'. I have been struggling with that issue my entire life. This is the first book that addresses everything that comes with a wounded father relationship. Though I am not Christian, I have found the tips and techniques useful, and I no longer feel alone in my struggle.

Bought as a gift~~ arrived fast

I am regaining closure in my life while reading this book. It helps me to shed all the years of guilt off my heart and shoulders. Self help books are tremendously a resourceful intervention and are even more so than seeking counseling or therapy alone.

[Download to continue reading...](#)

Father Therapy: How to Heal Your Father Issues So You Can Enjoy Your Life Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Enjoy Your Cells (Enjoy Your Cells Series Book 1) Herpes: The Ultimate Beginners Guide To Eliminating Herpes: How You Can Overcome Herpes And Finally Enjoy Your Sex Life (Herpes, Cold Sore, How To Cure ... Cure, Genital Herpes, Herpes Simplex,) Becoming Worldly Saints: Can You Serve Jesus and Still Enjoy Your Life? How to enjoy dating & romance with herpes: Learn how to handle the emotional and practical challenges of herpes with confidence (so you can get your love life back on track). (Guides Book 2) Better Living With IBS: A Step-By-Step Program to Managing Your Symptoms So You Can Enjoy Life to the Full! Nutrient Power: Heal Your

Biochemistry and Heal Your Brain Orthopaedic Manual Therapy Diagnosis: Spine And Temporomandibular Joints (Contemporary Issues in Physical Therapy and Rehabilitation Medicine) Physical Therapy Management Of Low Back Pain: A Case-Based Approach (Contemporary Issues in Physical Therapy and Rehabilitation Medicine) You Can Heal Your Life (Unabridged, Adapted for Audio) You Can Heal Your Life Study Course You Can Heal Your Life You Can Heal Your Life (Gift Edition) How to Make Money Homesteading: So You Can Enjoy a Secure, Self-Sufficient Life Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used to Heal My ULCERATIVE COLITIS while ON THE GAPS DIET – Heal Your Gut Too! Just the Essentials: How Essential Oils Can Heal Your Skin, Improve Your Health, and Detox Your Life Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition Light Therapy: Teach Me Everything I Need To Know About Light Therapy In 30 Minutes (Light Therapy - Season Affective Disorder - SAD - Vitamin D) Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)