



# **The Child Abuse Recovery Workbook: Your Life is what Your Parents Made It - How to Make it Yours**

*Robert Hoc*

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The first fifteen years of your life, hour after hour, day after day, year after year, you have developed the skills to behave in a specific environment: the family system. And so, if in your everyday family life, you've developed the skills to be unlovable, unhappy, unsuccessful and unworthy, you were abused as a child, and your parents trained you to be depressed, to live in fear, shame or guilt, and perhaps to be self-destructive. This book is a therapeutic guide that will lead you along the road to recovery. Your true personality will emerge with the exercises, and you will be free to fulfill your own destiny the way you want it to be.



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