



Bad Childhood---Good Life: How to Blossom and Thrive in spite of an

By Dr. Laura Schlessinger

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In her most important book yet, Dr. Laura Schlessinger shows men and women that they can have a Good Life no matter how Bad their Childhood was.

For each of us, there is a connection between our early family dynamics and experiences and our current attitudes and decisions. Many of the people Dr. Laura has helped did not realize how their histories impacted their adult lives, or how their choices in people, repetitive situations, and decisions -- even their emotional reactions -- were connected to those early negative experiences, playing a major role in their current unhappiness.

Dr. Laura will help you realize that no matter what circumstances you came from or currently live in, you are ultimately responsible for how you react to them. The acceptance of this basic truth is the source of your power to secure the Good Life you long for. In her signature straightforward style, with real-life examples, Dr. Laura shows you what you will gain by not being satisfied with an identity as a victim, or even as a survivor -- you should strive to be a victor!

In *Bad Childhood -- Good Life*, Dr. Laura will guide you to accept the truth of the assaults on your psyche and soul, understand your unique coping style and how it impacts your daily thoughts and actions, and help you embrace a life of more peace and happiness.

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Editorial Review

Amazon.com Review

With her characteristically pointed advice and take-no-prisoners attitude, Dr. Laura's book *Bad Childhood – Good Life* tackles one of the most basic questions of therapy: How can a person effectively move past the injuries of a bad childhood? Her answer will be familiar to her fans—look at your current behavior and modify what you can change rather than simply venting your anger or allowing yourself to ever be victimized again.

Forget about simply accepting or forgiving your parents for their errors—Dr. Laura extols the virtues of conquering. Through excerpts from her radio show and letters from her listeners, she illustrates her points about guilt, anger and fear in personalized accounts from individuals. Short lists and question/answer sections make for an easy read that allows you to smoothly fast forward and backtrack to the topics you find most relevant at the moment—and numerous references to other chapters and her website provide all the additional information you could want. Faith is a subtle but definite component; some readers will find it the most helpful part of the book while it decidedly won't appeal to others.

Not everyone will agree with—or appreciate--her succinct manner that drives right to the root of issues. Like her show, the book presents absolutes rather than possible alternatives. For readers looking for a definitive method for moving past childhood issues, Dr. Laura might offer the solution. *Jill Lightner*

From Publishers Weekly

Tis the season, right? For childhood issues to flare up just in time for the trip home for the holidays. Instead of resolving to lose those pesky 10 pounds, 2006 may be the perfect time to stop letting a bad childhood ruin another year, says Schlessinger, author of seven New York Times bestsellers and host of an internationally syndicated radio talk show. Schlessinger uses radio listeners' call-ins, her own stories and a little help from Carly Simon to help adults stuck in the past break free from destructive patterns and move peaceably forward. "The truth is that there is always a battle between the history and the present," she writes. Schlessinger tailors her advice staples (take charge, get tough, be positive, live for something other than yourself) toward securing victory over childhood traumas by admonishing readers against thinking emotionally about emotional subjects, advocating black and white reasoning (one listener's mother is deemed "evil") and proposing an amoeba-brainless and unthinking-constitutes a workable decision making model. Readers already of the Schlessinger school will find much here to appreciate, though it's doubtful this will win her any new fans.

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From [Booklist](#)

Schlessinger is, of course, a recognized name as an internationally syndicated radio talk-show host and author of seven previous best-sellers. Her latest book will no doubt hit the best-seller lists as well. And like its predecessors, this one is based on her research, in other words, the calls and letters that came into her radio show. Her point here is to guide readers in getting past any emotional damage they suffered at the hands of their parents so they may lead productive, happy lives. But, as Schlessinger admits, it "sounds obvious. So why isn't it that simple?" She starts with acknowledging that many people don't realize that childhood history can indeed have an impact on the way adults lead their lives. On the other hand--and this is the premise of her book--keeping yourself in a perpetual state of victimhood because of childhood pain ensures you will experience little or no movement toward a nondestructive, loving, secure adulthood.

Schlessinger offers advice on the best steps to take to move in that direction and, truthfully, there is something in this book for everyone to benefit from. *Brad Hooper*
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Users Review

From reader reviews:

John Bullen:

Do you have favorite book? If you have, what is your favorite's book? Publication is very important thing for us to understand everything in the world. Each guide has different aim or goal; it means that reserve has different type. Some people experience enjoy to spend their a chance to read a book. They may be reading whatever they have because their hobby is reading a book. Consider the person who don't like looking at a book? Sometime, individual feel need book once they found difficult problem or perhaps exercise. Well, probably you will need this Bad Childhood---Good Life: How to Blossom and Thrive in spite of an.

Jacob Keys:

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Anthony Rodriguez:

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James Moore:

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why is the world has grown up. The dialect styles that writer value to explain it is easy to understand. Often the writer made some analysis when he makes this book. That's why this book appropriate all of you.

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