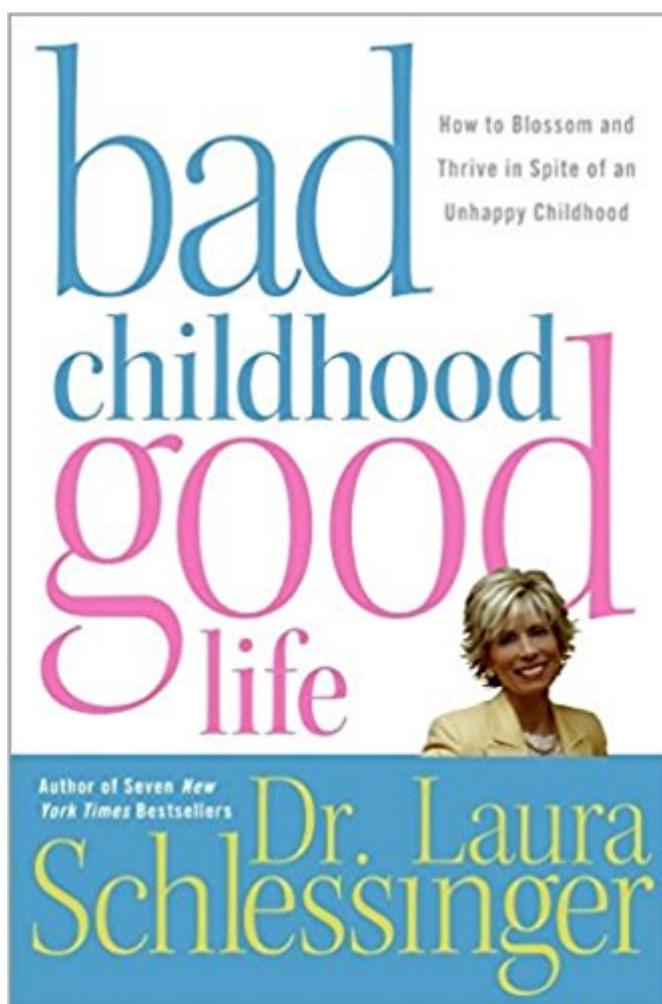


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Bad Childhood---Good Life: How To Blossom And Thrive In Spite Of An Unhappy Childhood



Synopsis

In this important book, Dr. Laura Schlessinger shows men and women that they can have a Good Life no matter how Bad their Childhood. 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. For these people and millions like them, too much time is dedicated to repeating the ugly dynamics of childhood in a vain attempt to repair or cope with deep hurt and longings. Too often they use their emotional pain to control others or excuse their own inappropriate and destructive behaviors. Some turn to therapy, only to find themselves trapped in their self-pitying victim mode, robbed of optimism, confidence, and growth. 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 -- but striving 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. Bad Childhood -- Good Life comes from a compassionate and personal place. Dr. Laura also reveals some of her own experiences with a difficult childhood and what efforts it took to attain a Good Life. She writes, "My resilience has paid off, and I'm doing the best I can with what I've got." Now you can, too.

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Customer Reviews

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 --This text refers to an out of print or unavailable edition of this title.

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. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights

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I've read nearly all of her books. I love her stuff, and this is probably her longest and most thorough list of helps for those of us surviving emotional and physical abuse. No slobbery hand holding here; only galvanizing truth that your abuser never told you, because you would have risen above them and triumphed in life. She has real compassion for us. Thanks, Doc, for being there for me.

This book saved my life, and when I say that I am not over emphasizing. I was headed into self destruction, and was given this book. It had given me the tools to deal with all of the past I didn't know how to handle, and she's so tough and straight forward it really got through. I am not one for self help books but this book was amazing, purchased it for several others since. There were times when I opened the book and threw it after reading because she was right. I couldn't help but continue to pick it back up and finish because I was finally getting through what needed to heal. It took me 2 very long years to finish it only because of what I needed to deal with, but it gave me myself back and helped me to live outside of the trauma I had experienced! It has stopped defining me, I highly recommend it.

I have battled to understand the symptoms of Bad Childhood in those closest to me for years without realising the underlying cause. This book clearly articulates the situations giving rise to these patterns of behaviours, and how they go on to manifest in adult life, as the wounded child facilitates the intergenerational transferrance of the pain onto the innocent parties surrounding them. This book has been a godsend to me, and I trust will be similarly to others. It is a revelation which has allowed me to discover that I am not insane, as I previously imagined myself to be.

Long time listener of Dr. Laura, this is probably the best, most helpful book for me. She also addresses the complaints that she "doesn't care about feelings" but in reality, she simply keeps them in perspective in our over-emotional, "me centered" culture.

This book is pertinent even for those who did not have a 'bad' childhood. Be patient with it, and you will find yourself gaining a lot of insight about yourself as well as others. Dr. Laura is a wealth of experience.

My youngest child wanted to read it and learned volumes from it...I read the first Chapter and had to

stop...reality hit

Very wonderful! I bought this book for myself long ago and now buying it for my cousin. It is a very good book. Helpful!

Extremely well written and to the point. Would highly recommend to everyone. Even for those who had a good childhood, it can provide a deeper understanding of the behaviors and patterns of those we love and believe in.

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