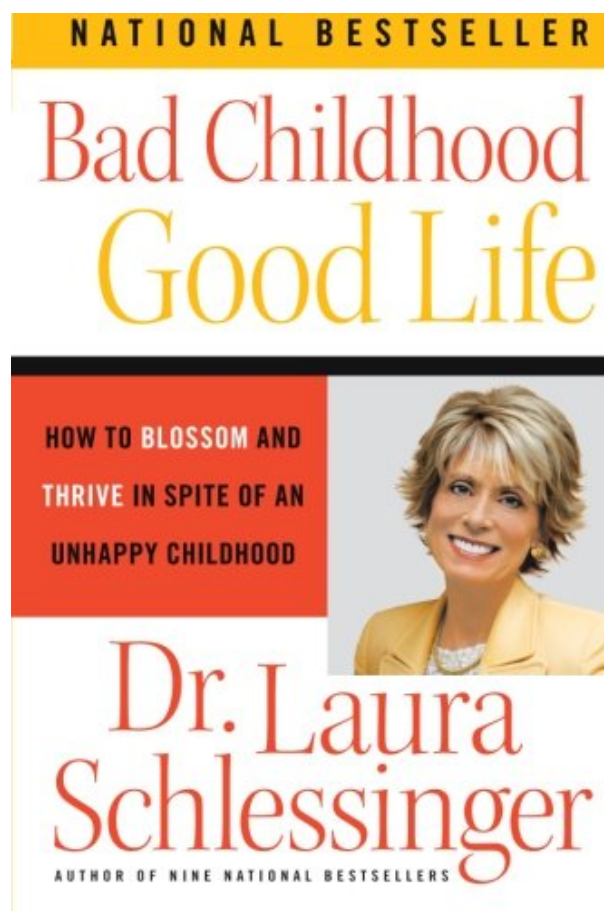


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**NATIONAL BESTSELLER**

# Bad Childhood Good Life

**HOW TO BLOSSOM AND  
THRIVE IN SPITE OF AN  
UNHAPPY CHILDHOOD**



**Dr. Laura  
Schlessinger**  
AUTHOR OF NINE NATIONAL BESTSELLERS

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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

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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.

- Sales Rank: #25601 in Books
- Brand: Unknown
- Published on: 2007-05-29
- Released on: 2007-05-29
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .61" w x 5.31" l, .53 pounds
- Binding: Paperback
- 257 pages

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Most helpful customer reviews

0 of 0 people found the following review helpful.

"You are a product of what you make of and do with those experiences"

By Chris D.

I really liked this book, I only read it because I was curious. As many people here, I too have had a bad childhood. Abandoned in a catholic orphanage at age 3 until 11....then in an abusive foster family. As a child I really never knew what it would be like to be loved and belong to a family. But I am now 62 and have my own family. It is amazing how wonderful my children have turned out. I have had a counselor tell me that it is not possible to have a wonderful family after a childhood like mine. But I will say "Through Him anything is possible" I have been married for 40 years. I have to say I put many of these principles from this book to work. I never had a victim mentality. I decided at 18 after I left the foster family, that I would not look back and I am now in charge of my own life. But I was angry with God for allowing me to go through that type of childhood. Now looking back I can see how He was there for me. I will not get into detail. But the book has many good ideas that I can honestly look back and say I did that and things worked out for me. If you had a bad childhood I would highly recommend it.

40 of 42 people found the following review helpful.

I'm off the fence now...

By E. Glennon

Before I purchased and read this book, I was on the fence, "Did I have a bad childhood?" Well the answer is no, I did not, at least not to the extent that others have had bad childhoods, but the lessons taught in this book in fact can help ALL of us to not take things so personally, and to enjoy what life has given us now, as adults. I love Dr. Laura, I don't always agree with her, but this time she is just trying to help the adults in this country grow up a bit.

0 of 0 people found the following review helpful.

Like any book

By D

Like any book, her story is her story. She came from her pointer of view and her point of view alone. End of story.

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