



## Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame

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By Beverly Engel

Audible Studios on Brilliance, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 132 mm. Language: English . Brand New. In Healing Your Emotional Self, Beverly Engel offers her highly effective Mirror Therapy program to help you reject the distorted images your parents either intentionally or unintentionally projected onto you. She explores the seven types of emotionally abusive or neglectful parents and the seven most common parental mirrors, providing specific advice and recovery strategies for each one.



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