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## Dysfunctional Families: The Truth Behind the Happy Family Facade

By Katherine Mayfield

Not Avail. Paperback. Condition: New. Dimensions: 9.0in. x 6.0in. x 0.2in. Dysfunctional Families: The Truth Behind the Happy Family Facade is a collection of 45 inspirational essays by Katherine Mayfield, author of the award-winning memoir *The Box of Daughter: Healing the Authentic Self*, which help readers recover from the problems caused by a dysfunctional family. These eye-opening and often humorous essays, originally published on the popular blog *TheBoxofDaughter.com*, expose many of the secrets that hide in dysfunctional families, and include reflections on Spider Love, the caregiving experience, money, recovering from toxic parenting, learning to live authentically, and much more. Divided into four groups--Families, Caregiving, Recovery, and Spirituality--the essays offer comfort and insight to readers, helping those who were raised in dysfunctional families to uncover negative messages, heal their pain, gain freedom, and raise self-esteem. The only way to heal from the trauma of dysfunctional family life and discover who we really are is to expose the secrets we grew up with, see through the illusions we were taught, and figure out what's really true about our families, ourselves, and the world. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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### Reviews

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-- Joshua Gerhold PhD

*A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.*

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