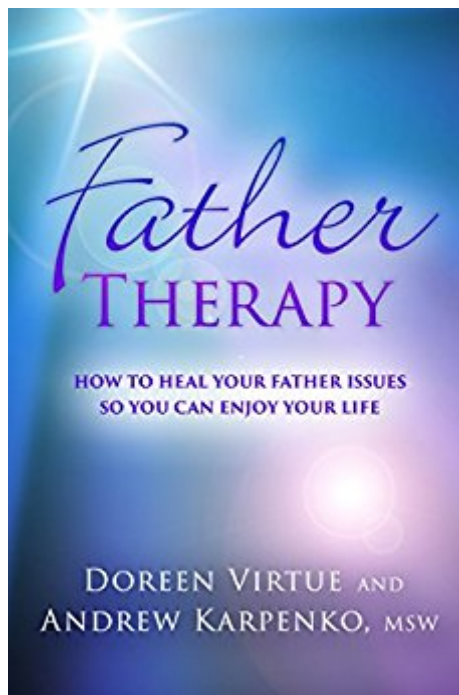




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Father Therapy: How To Heal Your Father Issues So You Can Enjoy Your Life



Synopsis

Wounds from primal relationships, such as those with mothers and fathers, run very deep. If your childhood involved an absent, addicted, or abusive father, you may have these emotional ghosts:

- Low self-esteem
- People-pleasing, approval-seeking, neediness, and codependency
- Wishing and praying that your dad would change into the father you believe he should be
- Feeling frequently angry, including repressed anger
- Choosing romantic partners who remind you of your dad
- Intimidation surrounding male authority figures

In this insightful and compassionate book, former psychotherapist Doreen Virtue and practicing clinical social worker Andrew Karpenko present a range of self-healing techniques to empower you to counsel your inner wounded child so that you can deal with men as a healthy functioning adult. Whether you are a man or a woman, they help you to choose thriving, balanced relationships with the males in your life; open your heart to feeling safe receiving love; and reconnect with both divine feminine and masculine energies. All of your painful experiences have happened for a reason. There are parts of your psyche calling out for attention. Healing your father wounds will free you from lingering feelings of emptiness and patterns of dysfunction with men to pursue your passion and life purpose unfettered by the past.

Book Information

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Customer Reviews

Finally.

I have been learning the patterns of my life in recent months, from narcissists and bad relationship patterns. I have been reading this book all weekend and I can't put it down, I have used more highlighter on every page. Doreen and Andrew I think you have just changed my life! I can't wait to get to the healing parts because you have expertly identified something deep within me. Thank you.

In this easy to read book, Doreen and Andrew share insight about 'the father wound'. I have been struggling with that issue my entire life. This is the first book that addresses everything that comes with a wounded father relationship. Though I am not Christian, I have found the tips and techniques useful, and I no longer feel alone in my struggle.

Bought as a gift~~ arrived fast

I am regaining closure in my life while reading this book. It helps me to shed all the years of guilt off my heart and shoulders. Self help books are tremendously a resourceful intervention and are even more so than seeking counseling or therapy alone.

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