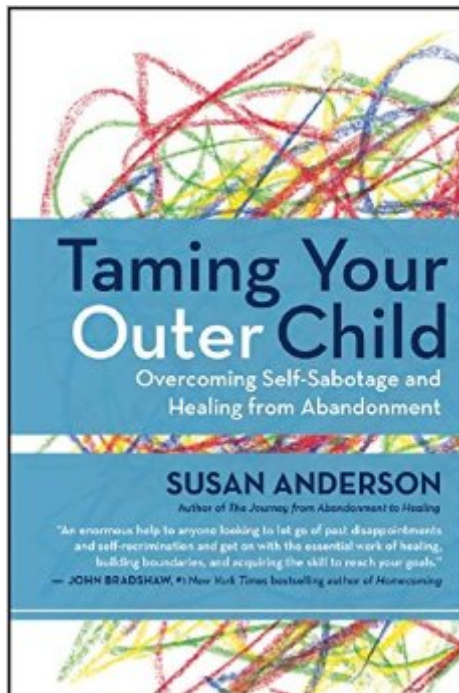


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# Taming Your Outer Child: Overcoming Self-Sabotage And Healing From Abandonment



## Synopsis

Take Control of Your Life Chances are, you've already had run-ins with your Outer Child – the self-sabotaging, bungling, and impulsive part of your personality. This misguided, hidden nemesis blows your diet, overspends, and ruins your love life. Your Outer Child acts out and fulfills your legitimate childlike needs and wants in the wrong place, at the wrong time, and in counterproductive ways: It goes for immediate gratification and the quick fix in spite of your best-laid plans. Now, in a revolutionary rethinking of the link between emotion and behavior, veteran psychotherapist Susan Anderson offers a three-step program to tame your Outer Child's destructive behavior. This dynamic, transformational set of strategies – action steps that act like physical therapy for the brain – calms your Inner Child, strengthens your Adult Self, releases you from the self-blame and shame at the root of Outer Child issues, and paves new neural pathways that can lead to more productive behavior. The result is happiness, fulfillment, self-mastery, and self-love.

## Book Information

Paperback: 296 pages

Publisher: New World Library; Reprint edition (February 17, 2015)

Language: English

ISBN-10: 1608683141

ISBN-13: 978-1608683147

Product Dimensions: 5.9 x 0.7 x 8.8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars – See all reviews (36 customer reviews)

Best Sellers Rank: #17,038 in Books (See Top 100 in Books) #41 in Books > Self-Help >

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## Customer Reviews

Why do we do self-defeating things like procrastinate? We say yes to one more volunteer job when we have a book we long to write. We dust and vacuum a room we just cleaned when we have a painting to start. When we self-sabotage – “distracting ourselves with busyness or by procrastinating – we blame, call ourselves names and end up feeling ashamed. We say we want to move forward, but can't take our foot off the parking brake. What is going on here? Psychotherapist and author Susan Anderson says in *Taming Your Outer Child: Overcoming Self Sabotage and Healing from Abandonment* that these self-sabotaging behaviors come from an

aspect of our personalities that most people aren't consciously aware of " their Outer Child. Outer Child? Can you picture yours? Think terrible twos, brat, rebel, impulsive, the essence of You Can't Make Me. Picture hands on hips/scowl on face or tongue out/thumbs in ears with fingers wagging. Nanny Nanny Boo Boo. "The Outer Child," says Anderson, "is a psychological concept that I have identified to describe the part of your personality that acts out your Inner Child's feelings in self-defeating ways, without giving you, the Adult in charge, a chance to intervene." The Inner Child lives in a womb of feelings while the high-octane Outer Child is all about behavior-- acting out, pulling out all the stops to get what it wants, whether that is saying NO with heels dug or dissipating energy in counter-productive activities. When triggered, Outer acts out Inner Child's feelings. Over the years it has developed its own patterns. One might be procrastinating or throwing a temper tantrum or inhaling the entire bag of chips. What a relief to realize we are more than our emotional inner child or brash outer rebel.

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