

The Tao Of Fully Feeling Harvesting Forgiveness Out Of Blame

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The Tao of Fully Feeling: Harvesting Forgiveness out of ...

The Tao Of Fully Feeling

The Tao of Fully Feeling focuses primarily on the emotional healing level of trauma recovery. It is a safe handbook for grieving losses of childhood. Whether or not you are a childhood trauma survivor, this book is a guide to emotional health.

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The Tao of Fully Feeling: Harvesting Forgiveness Out of Blame, has been acclaimed by many therapists and clients as a powerful, compassionate and pragmatic tool for guiding recovery. Alice Miller, author of *The Drama of the Gifted Child*, wrote: "Pete Walker wrote a book about his own recovery from emotional numbness.

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