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~~Anderson Interview~~

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Susan Anderson talks
about TAMING YOUR
OUTER CHILD

Episode 26 - New
World Now - Taming
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Susan Anderson

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Issues?" - Susan
Anderson, Healing

Your Outer Child

Interview **How to Heal**

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Anderson The

Christine Upchurch

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Healing Taming Your

Outer Child *Patricia*

Raskin Interviews

Susan Anderson How

to Stop Self Sabotage

in Your Work Life

How to Heal

Abandonment Issues

(Understanding

Attachment Styles)

How to Heal the

Inner Child *Inner*

Child Meditation for

Codependency, Lack

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Programming*

Healing the Fear of
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Work to Heal Our
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You Have~~

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25 Amazing COPING

SKILLS Everyone

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~~Anderson~~ **Here's**

Why Most Cannot

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Reach Their Goals

Healing Primal

Abandonment and

Shame: Hopeless to

Happy Summit with

Elizabeth Lock

Psychotherapist

Discusses

Misconceptions

About Abandonment

Issues Abandonment

Recovery Expert

Shares Tips To

Overcome Anxiety

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Abandonment *How*

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metaphor, by learning
about your Outer
Child, you take

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yourself off of Outer

Child autopilot and

switch to manual

transmission for a

while. In doing so, in

taking charge of the

wheel, you expose

your Outer Child's

true identity. What

had been

unconscious now

becomes conscious.

Taming Your Outer

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**Child: Overcoming
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Through a series of exercises (visualizing, writing, and dialogues) you get to know your outer child and learn how this part of you prevents you from achieving your goals. You develop empathy for the outer child - it's only trying to protect

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you - and learn how to
meet its needs and
curb its self defeating
patterns.

The Aftermath

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In discovering your

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Outer child, you get a leg up on overcoming your self-defeating patterns, improving your relationships, and becoming the self-possessed adult you always wanted to be.

Outer child is featured in Taming your Outer Child; Journey from Aban-donment to Healing; Journey from Abandonment to

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Healing, and

Overcoming

Taming your Outer

Child: Overcoming

your Self-Defeating

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12 Outer Child

Pointers: 1) Outer

Child acts out your

Inner Child's feelings

in self defeating ways

-- without giving you,

the adult, a chance

to... 2) Outer is the

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"yes but" of the
personality. If you let
it, Outer will tie your
life up in knots. 3)

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are deeply
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**Child: Overcoming
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...
Prevent your Outer
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Inner Child's feelings -
Stop sabotaging your
relationships, diet,
finances, hoarding &
cluttering,
procrastinating,
chasing the
unavailable.. Improve
your love-life and

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reach your goals.

**Outer Child -
Improve Love Life,
Diet, Finances -
Defeat ...**

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Defeating Patterns
Outer Child is a
revolutionary power
tool that breaks

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The Affirmation
Of
Abandonment

through your most entrenched patterns of self-sabotage. Learn all about your self-defeating behaviors, automatic defense mechanisms, compulsions, addictions, and bad habits – where they come from, why they are so hard to break, and how to dismantle them.

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Child

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Healing from

Abandonment. Susan

Anderson. Take

Control of Your Life.

Chances are, you've

already had run-ins

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Taming 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.

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Anderson. She is a

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Anderson's three-prong outer child recovery program consists of dialoguing, guided visualization and action steps. The second half of the book addresses special applications for the program, such as dieting, procrastination, debt and depression.”

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Founder of the
Abandonment
Recovery movement,
she is author of four
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