



EMSRP - Unfreezing the Authentic Self: Reclaiming the Potential Your Upbringing Put Out of Reach

By Mac Andrews

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 160 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Key aspects of our development become diverted or obstructed during early childhood, profoundly affecting our life outcomes long into adulthood, even before we have the ability to speak or think. Being genuine, i. e. allowing our true impulses to express, became dangerous in one way or another very early, and as a result we constructed habitual masks and inauthentic behaviours to survive and get by. These masks and behaviours rob us of our satisfaction, our ability to form and maintain nurturing relationships, we fail to get core needs met in the world, and we end up settling for what we get, feeling frustrated, isolated and confused about life, or running ourselves ragged pursuing everything that looks like success, whilst never really feeling we have won. This translates into many levels of depression - and depression is rife in our modern world. Whilst therapies have something to offer, they tend not to deal with the fundamental causes, and thus fail to deal with the issues for good. EMSRP addresses the source of the problem by reawakening the developmental processes that simply...

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