



## Gentle Lessons from a Recovering People Pleaser: A Guide to Overcoming Obstacles to Peace (Paperback)

By Alice McDowell

Tate Publishing Enterprises, United States, 2009. Paperback.  
Book Condition: New. 208 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Gentle Lessons for a Recovering People Pleaser offers you remarkable, groundbreaking information; step-by-step instructions to identify life's purpose; and the tools to transform inner turmoil to the tranquility desired. A multitude of books are on the market to tell you what to do, but rarely do they give you specific steps on how to accomplish achieving peace in your life. This book offers both! People come into your life for a reason, a season, or a lifetime. Each has something to teach you, the calling to assist you, or the experience to give you guidance. Relationships offer life-long lessons to help you learn how to build a solid emotional foundation within. Your role is to identify and accept the lesson and then use what you have learned in all your relationships at home, work, or play. Few of us are aware of the repressed, unhealed emotional wounds we carry inside from childhood trauma; even fewer are aware that these wounds create problems and pain within us daily. As long as these wounds are unrecognized and...



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