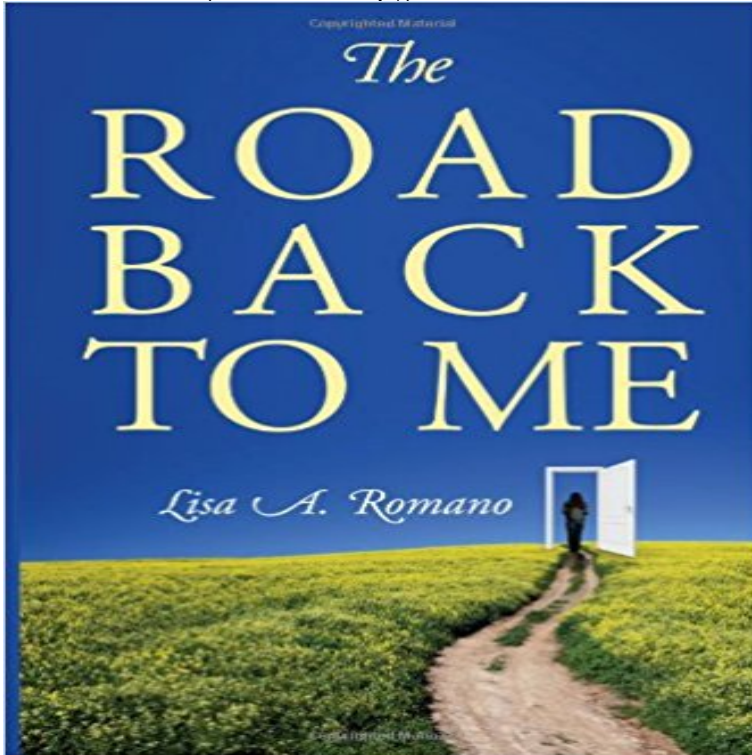


The Road Back to Me: Healing and Recovering From Co-dependency, Addiction, Enabling, and Low Self Esteem.



Healing and Recovering from Co-dependency, Addiction, Enabling, and Low Self-Esteem This story is told through the jagged peephole of the authors awareness, examining her formative wounds and influences from the perspective of a woman who has now gained experience and wisdom. As she peers over her souls shoulder, she recalls the chaos of her once-fragile childhood mind. She shudders as she is reminded of the sting of her lonely childhood, her feelings of abandonment, and her painful memories of being bullied. Her childhood self was once so lost that she even contemplated suicide. As the years progress, her mind is riddled with obsession, compulsion, and a crippling sense of low self-esteem. A turning point arrives many years later, after marriage and the birth of three children. This story is about healing the faulty programming of childhood. It is about recovery from relationship addiction, food addiction, anxiety, and constant fear. It is a human story that will resonate with readers from all walks of life, and which offers hope to anyone who has felt imprisoned by the past.

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