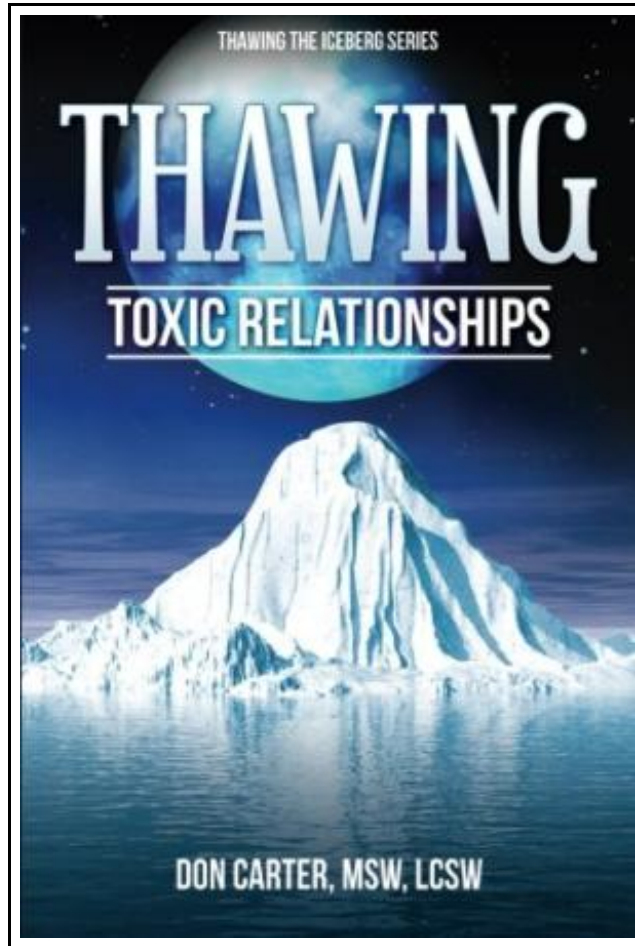


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Createspace, United States, 2012. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Thawing Toxic Relationships is number three of a four part series entitled Thawing the Iceberg. The Thawing the Iceberg Series is designed to address various issues outlined in the author s bestselling book, Thaw - Freedom from Frozen feelings. The other two books in the Series are: Thawing Adult/Child Syndrome and Thawing Childhood Abandonment Issues. Thawing Toxic Relationships is a book about healing and co-creating healthy, functional relationships for those who grew up in a dysfunctional family. If you relate to Don Carter s Iceberg Model, would like to have a genuinely happy and functional relationship then this book is for you! Building healthy relationships, a skill that eludes most people who have been raised in a less-than-nurturing family, is the ultimate objective for Thawing Toxic Relationships. Read about the Cycle of Drama, the Chemistry of drama how to save your marriage, improve communication, how to set and maintain healthy boundaries, be assertiveness, identify relationship mind games (Distance and Pursuit games, the Punishment Cycle, the Drama Triangle - and why we play them). Gather the tools and skills necessary to overcome these and many other dysfunctional relationship patterns. Thawing Toxic Relationships - Sample of content NOTE: All books in the Thawing the Iceberg Series contain the Iceberg Model in the first five chapters so that they stand-alone as a complete work. Chapter 1: What the hell is wrong with you? (p.4) Motivation, Dependency Needs, Iceberg Model Chapter 2: Anatomy of an Emotional Wound (p.16) Abandonment, Shame, Contempt - False Self Chapter 3: The Art of Survival (p.28) External Focus, Impression Management - Invented Self Chapter 4: Who am I Really? (p.36) Imperfect World Spirituality - True Self Chapter...



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