



Breaking Free from the Victim Trap (Paperback)

By Diane Zimmeroff

Wellness Press, Australia, 2011. Paperback. Condition: New. Language: English . Brand New Book. This book teaches people to connect their non-productive present-life circumstances with the source causes, and provides tested methods to change those that can and should be changed. The reader will begin to discover hope that healthy change is possible and gather determination to seek help to make those changes. This book identifies the victim, rescuer and persecutor personalities set forth in earlier ground-breaking work (and bestsellers) by Eric Berne, Claude Steiner and Thomas A. Harris. Breaking Free. builds upon this sturdy foundation of conflict resolution and takes the reader to the next level of healing. The easy-to-understand descriptions of the Victim Triangle help the reader to see how and why this may apply to him or her. There are a number of personal questionnaires and self-evaluation tests. For example, the reader can take a Victim Triangle Self Diagnosis Test, which is often helpful in motivating readers to seek and receive the healing they need and desire. The book describes through clear and dramatic case histories the connection between these victim patterns and most addictive behavior. This book presents a working model of what actually causes such self-deprecating...



Reviews

It is a single of my personal favorite ebook. It really is filled with wisdom and knowledge I discovered this book from my dad and i recommended this book to discover.

-- **Kyla Goodwin**

It is a of the best book. Yes, it can be perform, nevertheless an amazing and interesting literature. You may like the way the article writer publish this ebook.

-- **Wava Hettinger**