



Getting Through the Day: Strategies for Adults Hurt as Children

Nancy J. Napier

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Early abuse can have a profound effect on adult life, especially when survivors struggle with dissociative responses, which range from "trancing out" under stress to the switching of personalities seen in multiples.

This book enables adults who were traumatized as children to learn new strategies to meet the demands of daily living. While focusing on the effects of dissociation and including specific advice for multiples, Nancy Napier presents dozens of exercises helpful to anyone who finds that unresolved childhood feelings are blocking life's path.

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