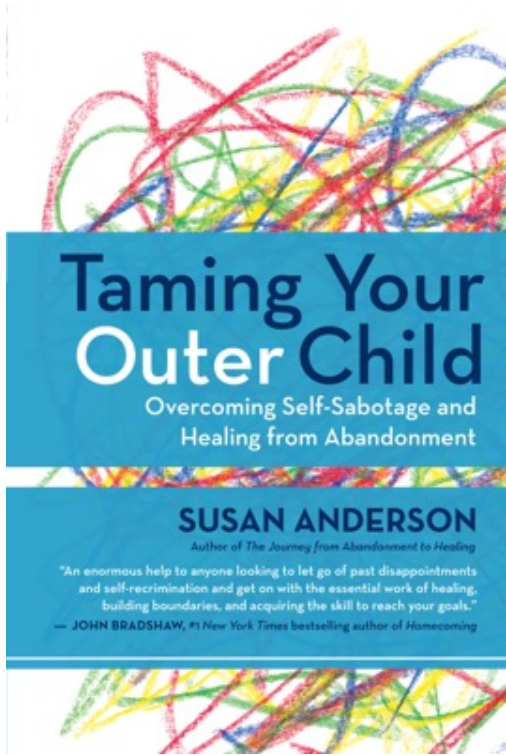


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Most of us have met our Outer Child once too often. The self-sabotaging, bungling, and impulsive part of the personality. This misguided, hidden nemesis—the devil on your shoulder—blows your diet, overspends, and ruins your love life. Now, in a revolutionary rethinking of the link between emotion and behavior, veteran psychotherapist and theoretician Susan Anderson offers a three-step, paradigm-shifting program to tame your Outer Child’s destructive behavior.

Title	:	Taming Your Outer Child
Author	:	Susan Anderson
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