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an authentic self in spite of past abuse trauma and dysfunctional or toxic families this video'

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' **18 essential life skills to equip your child for the real**

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June 2nd, 2020 - says dr amrita basu misra from health wealth bridge when you want your child to grow up strong you want to teach by example it s not easy being a parent it s even more difficult to work on self improvement while raising a child so let s first look at a few skills that are essential for any growing child to learn in order for them to find it easy to deal with adulthood'

*'lifeskills for adult children by janet geringer woititz*

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May 31st, 2020 - janet woititz was the author of adult children of alcoholics which was on the new york times bestseller list for over a year she wrote several other books including lifeskills for adult children the self sabotage syndrome the struggle for intimacy marriage on the rocks healing your sexual self and many others'

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traits that are mon to adult children of alcoholics many people raised in alcoholic homes must address the repercussions of their upbringings throughout their adult life'

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together to give young people information and advice to help prepare them for adult life it covers 10 areas of life skills including money education family relationships acmodation looking after yourself having your say legal rights being in care and life skills'

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