

## The Tao Of Fully Feeling Harvesting Forgiveness Out Of Blame

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The Tao of Fully Feeling: Harvesting Forgiveness Out of Blame, has been acclaimed by many therapists and clients as a powerful, compassionate and pragmatic tool for guiding recovery. Alice Miller, author of The Drama of the Gifted Child, wrote: "Pete Walker wrote a book about his own recovery from emotional numbness.

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The Tao of Fully Feeling describes the middle ground of emotional aliveness that lies between emotional deadness and emotional explosiveness. It helps us to soften and relax into our feelings without exiling them or enshrining them.

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The Tao of fully feeling by Pete Walker; 1 edition; First published in 1995; Subjects: Psychology, Problem families, Emotions, Blame, Psychological aspects, Adult children of dysfunctional families, Taoism, Forgiveness, Dysfunctional families

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The Tao of fully feeling - Pete Walker. Thread starter Zar; Start date Dec 21, 2019; Zar The Living Force. FOTCM Member. Dec 21, 2019 #1 This is another book that focuses on healing from dysfunctional families, but the focus is from an emotional perspective. It is a guide to repairing emotional damage done in childhood and a way to live with ...

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