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Reclaiming Your Life Archives Available

August 21st 2018: TOXIC PARENTS, PART 2: RECLAIMING YOUR LIFE

This hard hitting episode is Part 2 of TOXIC PARENTS. In the previous episode we identified what Toxic Parents are, behavioral patters of a Toxic Parent and the 7 "most common" types of Toxic Parents. NOW that we know the main types of Toxic Parents, we will give you the right TOOLS to overcome their hurtful legacy and RECLAIM YOUR LIFE. Obtain the strength to change yourself without changing your parents so that you can break the vicious generational cycle. RECLAIM YOUR LIFE NOW by: 1. Becoming aware of your true feelings, beliefs and behaviors. 2. Don't use forgiveness as an

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