



## Healing Your Family History: 5 Steps to Break Free of Destructive Patterns

By Linder Hintze, Rebecca

Hay House, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: This fascinating book by Rebecca Linder Hintze powerfully and effectively communicates a key, and sometimes overlooked, piece of the puzzle relating to family dynamics. For example, have you ever wondered why some families reach a ceiling on their earning potential, struggle to have happy marriages, or have such difficult interactions with their siblings and parents? Perhaps your family has a history of sabotaging careers or thwarting their love relationships? Healing Your Family History explains that most of our individual issues originate from family blocks. As you read this book, you'll come to understand how family belief systems store inside you and prevent individual growth by locking you into thought processes that hold you back. All families have these nonverbal belief systems, and unless you understand and heal your inherent blocks, it may be difficult to love others, move forward, and get what you want in life. Most people have a family . . . and we all have a reason to heal our related challenges after all, tribal issues sit at the core of world turmoil. Those who are truly ready to heal their...



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