



# **The Resilient Self: How Survivors of Troubled Families Rise Above Adversity**

*Steven J. Wolin Md, Sybil Phd Wolin*

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A guide to self-empowerment designed to help adult children of dysfunctional families free themselves from the past discusses characteristics that allow individuals to cope with trauma and forge a healthy life and explains how to develop such traits. 25,000 first printing.



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