



The 12 Steps to Self-Parenting for Adult Children

Patricia O'Gorman, Philip Oliver-Diaz

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If you are the child of an alcoholic or an adult who has experienced trauma in childhood, you can give yourself a second chance for intimacy, fulfillment and joy by self-parenting. 12 Steps to Self-Parenting, based on the 12 Steps of Alcoholics Anonymous, will guide you to nurture your inner child so that it may grow into healthy self acceptance.

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