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Contents Author s Note. Part One: Getting to Know Your Outer Child 1. Welcome to Your Outer Child 2. Three Parts of the Personality 3. Exposing Your Outer Child

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Susan Anderson is a people overcome their outer child patterns of self-sabotage and resolve Taming Your Outer Child: Overcoming Self-Defeating

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Susan Anderson is a psychotherapist who has devoted over 30 years of clinical experience and research Taming your Outer Child: Overcoming your Self Defeating

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