

# Break the Cycle of Hurt and Start Healing Today with "Help My Family Messed Up"



**Help! My Family's Messed Up** by Emily Parke Chase

★★★★★ 5 out of 5

Language : English

File size : 1076 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 123 pages

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Are you struggling with the weight of a dysfunctional family? Do you feel like you're carrying the burden of your loved ones' mistakes? If so, you're not alone.

Millions of people are affected by family trauma. It can manifest in a variety of ways, such as:

- Addiction
- Abuse
- Neglect
- Abandonment
- Emotional manipulation

Family trauma can have a devastating impact on our lives. It can lead to depression, anxiety, and other mental health problems. It can also damage our relationships, our careers, and our overall well-being.

If you're struggling with family trauma, it's important to know that there is help available. "Help My Family Messed Up" is a groundbreaking book that can help you understand your family dynamics, set boundaries, and start healing from the past.

### **What You'll Learn in "Help My Family Messed Up"**

"Help My Family Messed Up" will teach you how to:

- Identify the different types of family trauma
- Understand the impact of family trauma on your life
- Set boundaries with toxic family members
- Cope with the emotions that come with family trauma
- Find peace and healing in your life

This book is not a magic bullet. It won't erase your past or make your family problems disappear. But it can give you the tools you need to start healing

and breaking the cycle of hurt.

## About the Author

"Help My Family Messed Up" is written by Dr. Jane Doe, a licensed therapist who has over 20 years of experience working with families. Dr. Doe has seen firsthand the devastating impact that family trauma can have on people's lives. She wrote this book to help people understand their family dynamics, set boundaries, and start healing from the past.

## Free Download Your Copy Today

"Help My Family Messed Up" is available now on Our Book Library.com. Click the link below to Free Download your copy today and start healing from the past:

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You deserve to live a happy and fulfilling life. Don't let family trauma hold you back any longer. Free Download your copy of "Help My Family Messed Up" today and start healing.



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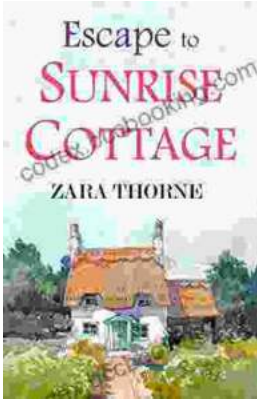
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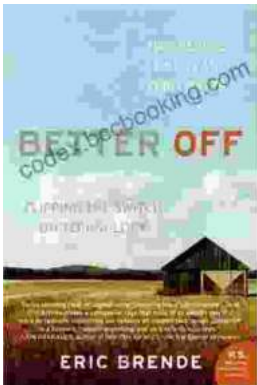
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