

# Taming Your Outer Child: Overcoming Self-Sabotage And Healing From Abandonment By Susan Anderson

**By Susan Anderson**

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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

Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment." Susan Anderson is a brilliant theoretician and psychotherapist.

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