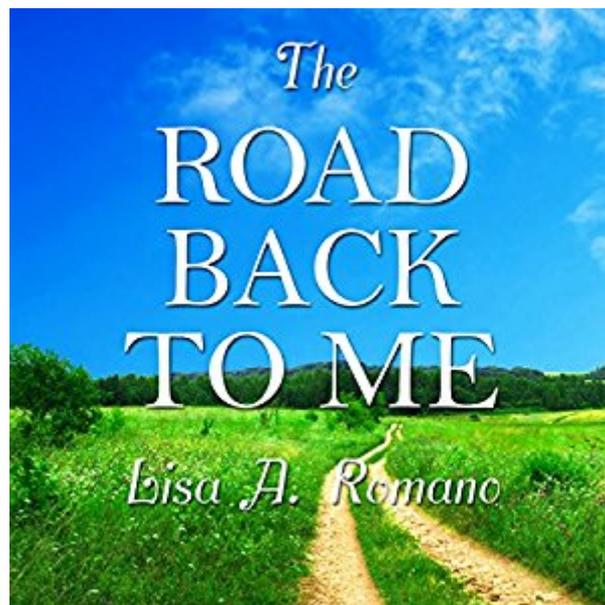


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# The Road Back To Me: Healing And Recovering From Co-Dependency, Addiction, Enabling, And Low Self Esteem



## Synopsis

This story is told through the jagged peephole of the author's awareness, examining her formative wounds and influences from the perspective of a woman who has now gained experience and wisdom. As she peers over her soul's shoulder, she recalls the chaos of her once-fragile childhood mind. She shudders as she is reminded of the sting of her lonely childhood, her feelings of abandonment, and her painful memories of being bullied. Her childhood self was once so lost that she even contemplated suicide. As the years progress, her mind is riddled with obsession, compulsion, and a crippling sense of low self-esteem. A turning point arrives many years later, after marriage and the birth of three children. This story is about healing the faulty programming of childhood. It is about recovery from relationship addiction, food addiction, anxiety, and constant fear. It is a human story that will resonate with listeners from all walks of life, and which offers hope to anyone who has felt imprisoned by the past.

## Book Information

Audible Audio Edition

Listening Length: 5 hours and 32 minutes

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ASIN: B00N51X1RA

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Children of Alcoholics #84 in Books > Health, Fitness & Dieting > Mental Health > Codependency

#881 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## Customer Reviews

Lisa A Romano speaks our language, those of us that have always felt "We are not good enough!" This book is for YOU! OMG, I get goosebumps hearing the words read off the pages (Audible download) from the Road Back to Me!. It is as though Lisa is writing my story! I highly recommend this book to all those who have suffered a life filled with pain and feeling as though the pain is caused by some defect within you. Constantly believing that it must be me, I am the defected one. I have been on this healing journey for years, always trying to figure out what is so wrong with me!

Why do I always seem to make a mess of my life? I have read all of Eckhart Tolle's books (great by the way), Wayne Dyer Books, Elaine Aron books (Highly Sensitive Person), Dr. Judith Orloff (Emotional Freedom), and the list goes on. ALL of these books are fabulous and I highly recommend them, BUT, it was NOT until I stumbled across Lisa A Romano's videos on YouTube, that everything began to click for me, in ways that are unexplainable. She (her work) was my missing link! She explains in great detail why I still couldn't get over the feeling of NOT being good enough. This is why although the other books are great they never got to the root cause of why I couldn't heal. They actually made me feel worse because I wasn't getting better, therefore, there must be something deeply wrong with me. Right before finding Lisa on YouTube I was at the point of giving up! The very next day I found her incredible videos! I know I could go on and on about HOW IMPORTANT Lisa's work is to those of us that came from utter dysfunctional childhood homes and then married into a dysfunctional home and the cycle continues...Lisa's work is here to literally change and defeat the dysfunctional cycle.

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Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) Master Book On  
Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating  
Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem  
Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction)  
Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1)  
Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)  
Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,)  
Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing)  
How To Stop Enabling Your Adult Children: Practical steps to use boundaries and get your power back as you stop enabling (Empowering Change Book

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