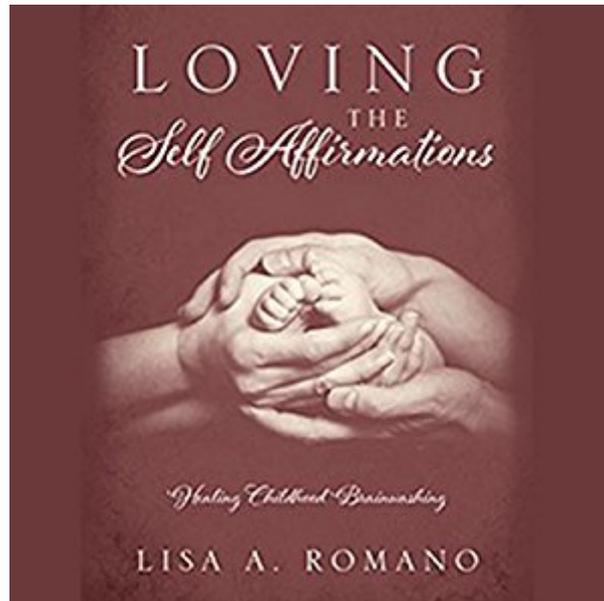


The book was found

# Loving The Self Affirmations: Healing Childhood Brainwashing



## Synopsis

This is my second book of affirmations. I am a life coach who specializes in helping wounded adult children from dysfunctional homes move beyond their childhood brainwashing, so they can manifest beyond the limiting templates they were taught to believe were real. My agenda is to create a movement among wounded others that allows them to understand that until they confront the templates that were created through innocuous brainwashing as children, they will live their lives unaware as to their true potential, like robots on autopilot. The affirmations in this book were created to work like missiles that go to the core of dysfunctional templates, which serve to help the brain reorganize what information it has stored in its memory bank as truth. Once a being is able to understand what thoughts are incorrect, the prefrontal cortex of the brain gets activated. The prefrontal cortex is where all logical reasoning takes place. As the brain digests the affirmations in this book, the CEO of the brain goes to work like magic. As time marches on, the person who is hearing these affirmations begins to think above and beyond the old templates and undergoes great paradigm shifts.

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 53 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Lisa A. Romano

Audible.com Release Date: November 11, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B017TFAG1Q

Best Sellers Rank: #104 in Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #422 in Books > Health, Fitness & Dieting > Mental Health >

Codependency #3851 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## Customer Reviews

Lisa a Romano writes and teaches on codependancy based on her own life experiences. She nails it!! This book is a daily reminder that my unconscious perception of myself is the product of my childhood programming. Lisa writes "Once upon a time I was unaware that deeply rooted in my subconscious mind was the belief that I was not enough. So ingrained within my subconscious mind

this one single thought infected every action feeling and thought I experienced. Unaware that I unconsciously sought happiness outside of myself, I was also unaware that I sought happiness in the validation of others". Her teachings show us how to recover from the "I am not enough" syndrome. So treat yourself to this book (the same price as 3 cappuccinos) and I highly recommend reading the other 4 books she has written and listening to her FREE utube videos on codependancy. Enjoy!

Every few years a truly remarkable book comes along that catapults our life beyond anything that itâ€™s ever been. This is such a book. Loving The Self Affirmations: Healing Childhood Brainwashing is a compassionate every-personâ€™s guide throughâ€”and out ofâ€”the perils of an inhumane upbringing. Romanoâ€™s reframes are comparable to Tony Robbinsâ€™ swift rejuvenation at the core level of being. A must-read for millions â€œcrippled for lifeâ€• by the invisible soul murder of narcissism. Empaths, highly sensitives, scapegoats, co-dependents, addicts and the abandoned will recognize themselves on each page. "Evil" is "live" backwards. Trauma reversal is possibleâ€”once you wash the brainwash legacy. Romano joins powerhouses van der Kolk and MatÃ© in showing us the way.

I have purchased all of Lisa Romano's books and absolutely love them. I purchased a set for my sister as well. Lisa explains how negative, destructive programming early in life can have negative effects years down the road. Lisa has lived through all of the negativity (to put it lightly) and is using her experiences to help others. Looking outward for validation and love is a never ending quest. We have to understand that we are worthy and we are enough. Lisa also has wonderful YouTube videos. Thank you Lisa!

I have read all of Lisa Romano's books. She is Brilliant. Reading her books and having her as my life coach has made the biggest change in my life. Being a single parent dealing with loss of my husband together with all the brain programming I had coming from a dysfunctional family, having been abused and neglected, I was going down a black hole. Not only she has saved me, I have started to appreciate and enjoy life.

I have read all if Lisa's books! She is brilliant and very real! Having her as my life coach is changing my life. I am blessed. I use both of her affirmations books as part of my morning meditation ritual. It helps me to set my intentions for my day, to live in peace and gratitude for all the abundance in my

life. It also helps me to differentiate my programming for my True and Divine nature. Lisa is a hero, my hero!

I am so glad that Lisa has written this book. It has helped me so much that I can't put it into words. I am doing to recommend this book to all of my recovering friends that are work through issues from their family of origin.

[Download to continue reading...](#)

Loving the Self Affirmations: Healing Childhood Brainwashing Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Rapid Weight Loss Affirmations: Positive Daily Affirmations to Help you Lose Weight Fast Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning 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) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) WICCA: Wicca Reiki Magic - A Beginners Guide To Wicca Spells and Reiki Healing (Wicca, Chakras, Witchcraft, Self Healing, Magic, and Crystal Healing) Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) Tecnicas de Persuasion / Techniques of Persuasion: De la propaganda al lavado de cerebro/ From Propaganda to Brainwashing (Psicologia/ Psychology) (Spanish Edition) Psychology: Hypnosis and Mind Control to Overcome Stress, Anxiety, Depression, & Finally Recover Your Happiness (Positive Thinking, Body Language, NLP, Mind Reading, CBT, Hypnosis

Sex, Brainwashing) Dark Psychology 101: Learn The Secrets Of Covert Emotional Manipulation, Dark Persuasion, Undetected Mind Control, Mind Games, Deception, Hypnotism, Brainwashing And Other Tricks Of The Trade Divorce Poison New and Updated Edition: How to Protect Your Family from Bad-mouthing and Brainwashing NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists)

[Dmca](#)