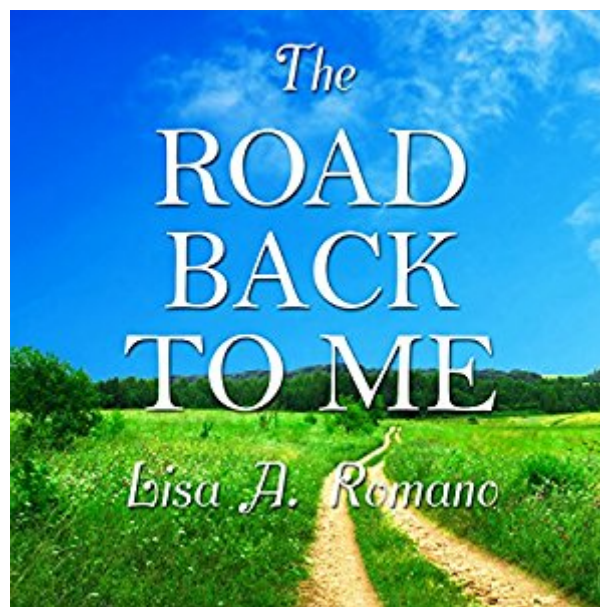




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The Road Back To Me: Healing And Recovering From Co-Dependency, Addiction, Enabling, And Low Self Esteem



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

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Children of Alcoholics #36 in Books > Health, Fitness & Dieting > Mental Health >

Codependency #513 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

The author's honesty about her youth is refreshing and real, and invites the same honest look at one's own life. However, I was disappointed that the author took us on a journey through her broken places and then stopped short of taking us on the journey promised by the book's title, of her path to healing and recovery. She tells the truth of her demise, and ultimately, since the truth does set one free, we can imagine that she will arrive at wholeness after she pens the last word of this book, but the reader will have to guess as to how she arrives there. The book's main value is that it models

taking an honest, objective look at the experiences and reactions to same that get us to the need to embark upon the road to recovery.

I was so impressed by this book. When I saw the title, I KNEW I had to read it. Lisa was surrounded by people who tried to kill her soul. When she started having real friends, her old self-messages had her thinking that she didn't deserve to be treated with respect. When she tried to kill herself, I believe God showed her how much she meant to Him! Lisa just so happens to be a physically gorgeous woman, but the way she was spoken to..HORRIFIC!! May God bless and continue to heal her sweet soul! Lisa, suprisingly, has written to me...and was such a source of joy and hope on those days when all the old stuff starts playing in our heads-and we forget that we ARE GOD'S DEEPLY BELOVED!! Read this book, you will not be able to put it down!!! Jo Ann

Lisa has great courage and has blessed us all in sharing her truth. I never understood why I always felt different. I thought everyone must battle and survive childhood. I too can from A.C.O.A. Dry parents. Our mother's and father's shared the same roles. I am on track to healing. The best thing is that after reading this book I see that for years I have been right and lived by repressing my feelings. I choose to learn and live for me now! All that matters is that I love myself. You can't do anything in life if you don't do that first. Thanks Lisa! Nicole

I couldn't put the book down and read it in two days!!! The transparency of her real life story was exceptional and mind blowing in my opinion. I highly recommend this book for person who struggle with co-dependency. Although I must say, I was disappointed that it doesn't exactly describe the road to healing and recovery. It does describe what co-dependency looks like and how she was able to come to the realization that she was in fact a co-dependent person. This was eye opening for me. You will need to purchase "My Road Beyond The Codependent Divorce" as the follow-up. I just purchased the eBook on Barnes and Noble as I couldn't wait for what happens next. I love you Lisa and Thank you!!!

Per my therapist's recommendation, I've recently spent time on ACOA blogs. I discovered Lisa Romano's ACOA blog and it so resonated with me - so much that I just finished reading her book "Road Back to Me". which was her journey. I cried a river of tears as I could have been the author - I was that little girl and someday I can still be that little girl - however am able to stop the old tapes sooner these days. I just ordered Lisa Romano's, "The Road Beyond The Codependent

Divorce"Thank you Lisa for the courage to share your experience with us.

I can't conceive how Lisa could recall the past so vividly. Her words described all the many conflicting thoughts one can have when you get so jumbled up that you don't know what you feel. Through her, I re-lived my life seeing details of pain that I recognize as mine because she could put her pain into words. So glad to have found her book

This book was like reading my childhood. Almost everything was spot on, like we were living in tandem but 20 years and 2,000 miles apart. What hit me so hard was how Lisa's mother would push her till she cracked. I honestly thought my mother did that because she WANTED me to express my emotions because she cared about me. But like Lisa's mother, she stopped pushing as soon as I blew up or cried and quickly backed off. It was a game to her. It always was and still is. This is an excellent book for those who want/need confirmation about what happened in childhood and that it just wasn't your fault.

Wow! Lisa Romano is amazing! Her story speaks deep into the being, awakening a validation of the soul. Her insight is the missing link I have been searching for when my own coaching relationship reached a stopping point..She really is the "breakthrough" life coach! I hope to coach with her personally, but for now will read her books, watch her you tube videos, and do the work she suggests. thank you Lisa!! Thank you for helping to bring so many of us "back to me"! Namaste!

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