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Still Standing After All the Tears Workbook: Nine Actions to Battle Your Beast

By Valerie Silveira

Rockin' Redhead Group, The. Paperback. Condition: New. 208 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. The Companion Workbook to Still Standing After All the Tears: Putting Back the Pieces After All Hell Breaks Loose. In 2004, Valerie Silveira's 18-year-old daughter was shot by her ex-boyfriend. Over the next decade, Jordan's life spun further out of control and, as a result, Valerie's plunged into darkness. She would face the heartbreaking reality that her daughter is a heroin addict, and the painful truth that she is powerless to save Jordan from her Drug Addiction Beast. Are you living with a Beast? They come in all shapes and sizes. Some arrive because of an alcoholic or addict in the family, abuse, abandonment, an accident or illness, loss, perfectionism, or something else. Many are a combination of two or more. A Beast is that situation, person, attitude, or circumstance that has left you lost, defeated, frustrated, angry, hopeless and helpless, or living in paralyzing fear. Our Beasts remind us of the past, keep us from living in the present, and fearful of the future. Beginning three years prior to the shooting, Valerie stepped onto what she calls the Roller Coaster from Hell. Her Codependent Enabler...



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