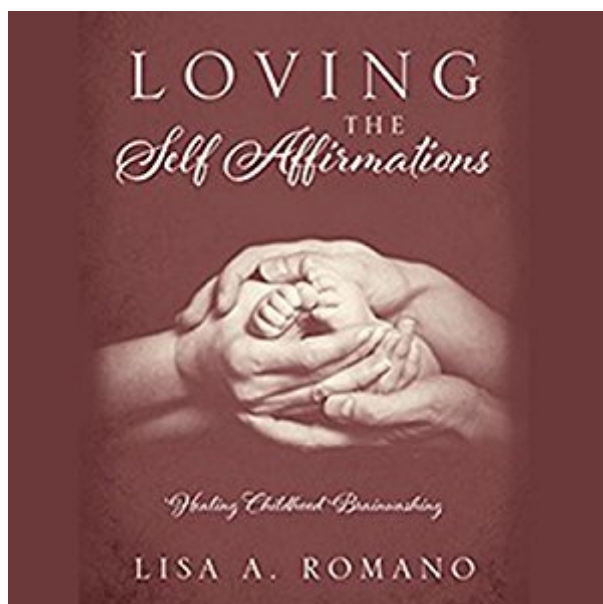


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# Loving The Self Affirmations: Healing Childhood Brainwashing



## 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

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

## Customer Reviews

Lisa A. Romano writes and teaches on codependency 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 cappacinos) 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 âœcrippled 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.

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