

Little Madhouse on the Prairie

The Book's Audience

This is the book that finally connects the dots between our childhood experiences, our current adult behavior and the way we parent. It is a valuable resource for parents, future parents and anyone who has issues with self-esteem, trust or intimacy.

You can benefit from this book if:

- You experienced a childhood that was something less than “perfect.”
- You have a desire to explore the negative adult behaviors that can develop out of your childhood experiences.
- You are seeking information to help you become the best parent you can be.
- You were raised in an environment of dysfunction and are now ready to or have already started a process of healing.
- You experienced a relatively normal childhood, yet now desire to develop more understanding and compassion for others who did not enjoy such a rich experience.

What the reader will discover:

- Your childhood experiences have an enormous influence on your adult behavior and your methods of parenting
- You can gain confidence that it is possible to reach a state of peace and joy in your life, no matter what your past circumstances
- You will come to understand that the human spirit can overcome any pain or suffering
- You can heal your past through a process of awareness, acceptance and forgiving
- You can reframe your stories as part of the path to personal freedom
- You can become a better parent by understanding your past and healing your wounds
- You can become an active participant in making the world a better place for yourself, your children, and everyone around you