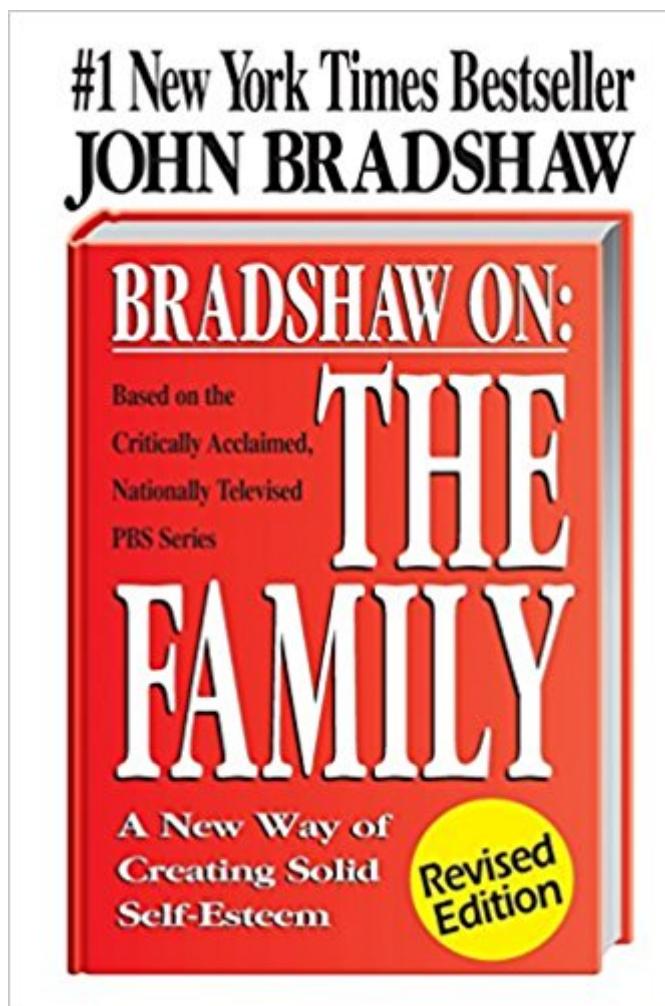


The book was found

# Bradshaw On: The Family: A New Way Of Creating Solid Self-Esteem



## **Synopsis**

Based on the public television series of the same name, Bradshaw On: The Family is John Bradshaw's seminal work on the dynamics of families that has sold more than a million copies since its original publication in 1988. Within its pages, you will discover the cause of emotionally impaired families. You will learn how unhealthy rules of behavior are passed down from parents to children, and the destructive effect this process has on our society. Using the latest family research and recovery material in this new edition, Bradshaw also explores the individual in both a family and societal setting. He shows you ways to escape the tyranny of family-reinforced behavior traps--from addiction and co-dependency to loss of will and denial--and demonstrates how to make conscious choices that will transform your life and the lives of your loved ones. He helps you heal yourself and then, using what you have learned helps you heal your family. Finally, Bradshaw extends this idea to our society: by returning yourself and your family to emotional health, you can heal the world in which you live. He helps you reenvision societal conflicts from the perspective of a global family, and shares with you the power of deep democracy: how the choices you make every day can affect--and improve--your world.

## **Book Information**

Paperback: 230 pages

Publisher: HCI; Revised edition (April 1, 1990)

Language: English

ISBN-10: 1558744274

ISBN-13: 978-1558744271

Product Dimensions: 0.8 x 6.2 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 130 customer reviews

Best Sellers Rank: #27,768 in Books (See Top 100 in Books) #33 in Books > Parenting & Relationships > Family Relationships > Dysfunctional Families #178 in Books > Self-Help > Self-Esteem #553 in Books > Parenting & Relationships > Parenting

## **Customer Reviews**

Bradshaw (Family Secrets, LJ 1/95), a well-known speaker and author on such topics as addiction, recovery, and spirituality, has released a revised version of John Bradshaw: On Family, which first accompanied his 1984 television series. In this edition, he speaks out on the need for democracy within the family, as opposed to a patriarchal model of family relations. Throughout, Bradshaw refers

to earlier models of child rearing as "poisonous pedagogy," and he is deeply committed to changing parenting within today's families and helping adults damaged by the parenting they received to rebuild their self-esteem. He uses many of the techniques of Adult Children of Alcoholics and similar groups in helping the reader identify problems and repair damage. Earlier editions of this book have sold more than a million copies, so public libraries will certainly have a demand for this title. Kay L. Brodie, Chesapeake Coll., Wye Mills., Md. Copyright 1996 Reed Business Information, Inc.

"People who bought this series BRADSHAW ON: THE FAMILY, A New Way Of Creating Solid Self-Esteem, also bought New York Times #1 bestsellers, HOMECOMING: Reclaiming And Championing Your Inner Child, HEALING THE SHAME THAT BINDS YOU and RETURN TO VIRTUE." -- John Bradshaw Media Group "Market Research Department" -- This text refers to an out of print or unavailable edition of this title.

This is the best book out there for people who are suffering from the effects of growing up in a dysfunctional family

Brilliant book! It really helped me understand the family system, and it has the best insights for families I've read until now. I come from wealthy family, where we all perfect from the outside, but imbalanced from inside. This book really helped me undo every family issue, and find that balance again! Highly recommended!

For my friends after it helped to understand why I had certain behaviors after growing up with a physically and verbally abusive mother. How bad was she? She would be in prison if she had done to me today what she did to me 40 years ago. Breaking free of that situation was fantastic, this book helped! You don't have to read it all the way through, I let it fall open and started reading. A couple of my friends did that too. Helped them a lot. Oh, and I really, really, really, don't like self help books, but this one is different!

I wished I had read this book 10 years ago, before I got married and started screwing things up. This is a great book for self discovery and provides very useful knowledge to improve the way you relate to your spouse and the way you can build a family.

Bradshaw is responsible for my most important work into healing my inner child. That said, this book

is well written, and will take you to the core of the difficult family issues that plague so many. If you want your holidays to be better, your kids to stay in touch, and your family to feel connected, reading this book could be the best glue you could find. Practical, wise, applicable to every family.

Bradshaw has brought to light, things in my own life and family interactions that has helped mold me, my siblings and my own children into who we are today. I wish I had this book when my children were still young, but am very happy to be reading it now, hoping to keep present in my mind the importance of helping my grandchildren...or any person believe in who they are.

John Bradshaw has done a marvelous job of writing about the "poisonous pedgogy" of authoritarian parenting that has been the breeding ground for dysfunction. He strongly advocates that we reexamine our traditional view of parenting that destroys the self esteem and self worth of children. He lays out what the poisonous parenting looks like and then addresses a more democratic style of parenting where children can grow into adults with strong self esteem and value. In order to make the much needed changes, parents must clearly see how they have been adversely affected by the poisonous pedogogy themselves and begin a healing process of self discovery and standing in the truth of what they actually received from their parents. This allows the adult to grow into more mature, healthy results with healthy relationships. As parents, these individuals are now free to choose to get their needs met in the primary marital relationship and can provide an environment where children can be honored and be all they were meant to be. Bradshaw is keen on the use of acronyms, which can be a bit annoying at times, but can be a useful means of recalling points that are made throughout the chapter. As a counselor and an educator, I use material found in this book for my counselees and students to help them to understand their own dysfunction and invite them into their own healing journey to self-discovery. Beverly SedlacekCleansing the Sanctuary of the Heart: Tools for Emotional Healing

Good product but the person who reads needs a little more feeling, a little too clinical sounding

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

Bradshaw On: The Family: A New Way of Creating Solid Self-Esteem Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self

Esteem with Hypnotherapy and Meditation 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) Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk Self Love: Raising Your Self-Confidence & Self-Esteem The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Self-Esteem for Teens: Six Principles for Creating the Life You Want (The Instant Help Solutions Series) Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams) Boundaries : The Power Of NO (Codependency, Social Anxiety, Assertiveness, Self Confidence, Self Esteem, Toxic Relationships) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement,Increasing Self-Esteem,& Gaining Positive Energy,Motivation,Forgiveness,Happiness ... Happiness, Change Your Life Book 1) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Empty Your Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help (Self-Compassion Book 1) Help! My Friend's in Trouble!: Supporting Your Friends Who Struggle With...Family Problems, Sexual Crises, Food Addictions, Self-Esteem, Depression, Persons Unknown (A Manon Bradshaw Thriller)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)