

**SUFFERING ~ A PATH OF AWAKENING: DISSOLVING
THE PAIN OF INCEST, ABUSE, ADDICTION AND
DEPRESSION**

Alexis Rickenbach

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Preface The essence of the Buddha's.

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Yes this is a great book that I am also reading and it is such an important validation to everyone who has lived with childhood trauma. I also had a very abusive mother who manipulated me. Consequently, substance abuse counselors need to be alert to GAD or dysthymic disorder in their clients. To be considered a disorder, the disturbance must reach a level great enough. While great progress was made through research and learning to forgive, I still have a long journey ahead. Anyway I was smart in some way back when and collected my own health records from Dr. Other features often include dysphoria, an inability to tolerate boredom, feeling victimized, and a diminished capacity for intimacy. It would be amazing if the medical community in the western world acknowledged has been on the path of Self realization since