



Coming Face to Face with Your "Inner ME"

Hassan El-Amin

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Coming Face to Face with Your "Inner ME"

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Coming Face to Face with Your "Inner ME" Hassan El-Amin

A Practical Guide to Inner Discovery and Healing as seen through the mind of an Adult Child of an Alcoholic undergoing counselling, with practical application for anyone genuinely seeking to understand their inherent strengths.

A compelling first-person narrative containing candid disclosures about the brutality of living with an alcoholic father, coupled with profound personal insights. The inclusion of psychological and sociological observations--combined with personal observations--offer a unique work that provides practical information as well as spiritual and emotional support for not only other adult children of alcoholics, but adults seeking to better understand themselves.

A unique book that does not rely on clinical observations, but rather on the author's gut-wrenching and soulful testimony, with numerous life-altering testimonies on the back cover from readers throughout the U.S.

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