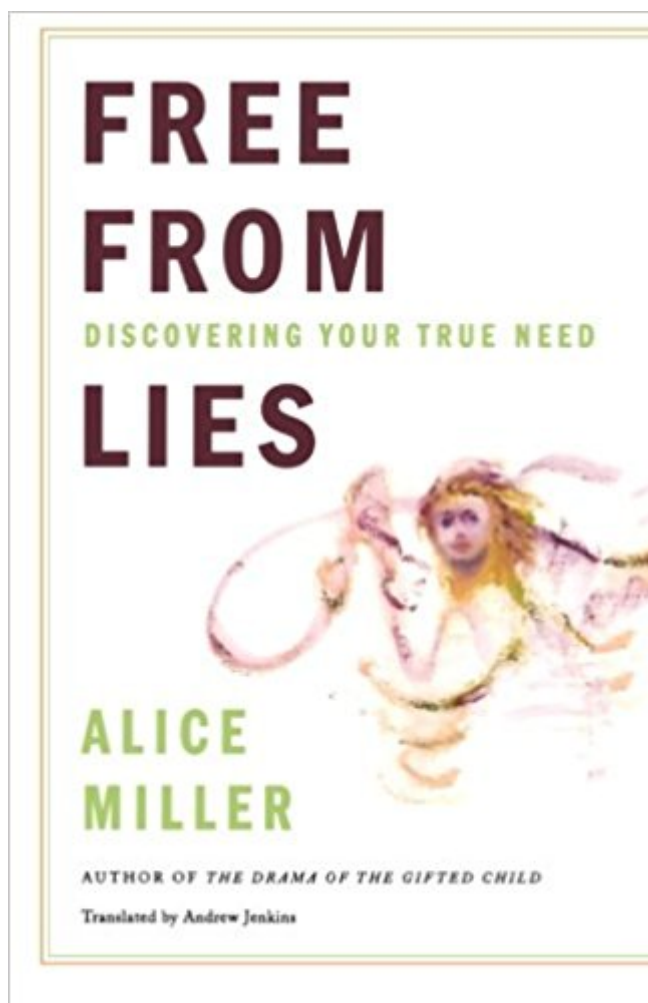


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Free From Lies: Discovering Your True Needs



Synopsis

“[Alice Miller] illuminates the dark corners of child abuse as few other scholars have done.”
Jordan Riak, NoSpank.net
Since the landmark publication of *The Drama of the Gifted Child*, no one has been more influential than Alice Miller in empowering adults whose lives were maimed emotionally and physically as children. Now Dr. Miller goes even further, presenting groundbreaking theories that enhance communication between therapist and patient and enable the adult to express powerful emotions that have been trapped for years. Practical and perceptive, Miller’s work explains what we can expect from therapy, how we can identify the causes of our own pain, and why subconscious pain, unaddressed for decades, manifests itself later as depression, self-mutilation, primal inadequacy, and chronic loneliness. With its responses to readers’ letters and powerful stories, *Free from Lies* is the culmination of a life devoted to healing others.

Book Information

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Customer Reviews

“Free from Lies is a clarion call from one of the great psychological minds of our time.”
- Stephen Kamsi, Saybrook Graduate School, San Francisco

Alice Miller (1923-2010) is the author of such classic works as *The Drama of the Gifted Child*, *Prisoners of Childhood*, *The Body Never Lies*, *From Rage to Courage*, and *Free from Lies*.

In this book, Alice Miller shows how we can really free ourselves from our past and save our

lives. It is by finding the true history of our childhood and recognizing the lies and hypocrisy so prevalent in our society. I loved that she included some of the articles published on her website because it's much easier to read them in the book and digest the insights. This book really helped me permanently remove the invisible reins of guilt, fear and shame put upon me by my childhood abusers, so that no one else could grab them to keep me hostage and chained in their emotional traps.

I'm so glad I was recommended this book. It has been a real treat to learn to listen to and understand my inner child. I've been working at it as soon as I read about it and summoned the courage. What helped the most with courage was seeing that part of me as a child needing my help. A child I've been ignoring. It changed my perspective from a maybe to a must. Some time after that and after doing nothing more than acknowledging the most hurtful part of my childhood empathetically and working on a small bit of understanding I woke up the next morning feeling a cooling peace I've never ever felt. It was amazing! Of course it didn't last forever but part of it stayed with me. As if it were a grateful gift of my unconscious. I look forward to fostering more of that as I continue to practice what Alice Miller suggests. :)

I have, and have read, as many of Alice Miller's books as I can find. I consider her a Great Teacher. She speaks Truth, and backs it up with logic and examples. I always find something of use when one of her books leaps off my bookshelf at me. This one is useful in getting across the idea that one has to get past living in fear, to be able to get to know what one's own needs and wants are. Getting to anger is getting out of denial, and moving along the path of grieving what's lost, towards health and wholeness. Although she speaks directly to child abuse, I find her theories generalizable as well. Her books are a great gift, for which I am grateful.

I have read several of Alice Miller's books and have learned more about the effects of childhood abuse from each of them. Alice Miller is one of my heroes for her directed anger against the abuse of children. Others criticize her work because of the singularity of her subject matter, and That is certainly a valid statement. For me, it is a message that cannot be spoken of too often or too loudly. Her voice is stilled now, but her writings are still in print and still being discovered and read and, I hope, believed.

Alice Miller is especially skilled at defining these complex relationships with completely

understandable descriptions. I wish there were audio versions, but other than that, this is her best book yet.

Amazing book, highly recommend for people that have experienced trauma/child abuse or who work with people that have experienced child abuse or trauma. Highly informative, life transforming and a very good self deep healing book.

Alice Miller was recommended to me by my psychiatrist. It's a book about the repressed childhood abuse that later breeds self-hatred and sickness. I don't agree with many of her points, and a lot of it is anecdotal, but Alice Miller and her stance on anti-forgiveness and protecting the child, not the parents, is a refreshing take on childhood trauma.

Another insightful book from Miller, in which she explores the traumas of childhood and the methods for overcoming them. As can be said of her other books, well worth reading and keeping.

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