

# Liberating the Adult Within

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## Synopsis

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Do you rise to the challenges of adult life with confidence and capability -- or allow these challenges to trigger familiar childhood emotions of insecurity, helplessness and fear?

Even the most intelligent and sophisticated of us can have difficulty avoiding childlike responses to the pressures and anxieties we face as adults. Now, psychotherapist Helen Kramer offers a pioneering method for eliminating those unwanted stress reactions by learning to deal with their cause -- the condition she describes as "emotional dyslexia," a common syndrome that interferes with our ability to respond in a thoughtful, adult way when we experience stress.

With enlightening anecdotes and use of dialogue, and key words and phrases, Kramer goes beyond traditional psychotherapy to teach you how to identify your childlike response, recognize its adult counterpart, and move on to change your behavior. Whether your stress is caused by your boss, spouse, parent or any other source, you'll learn the tools you need to discover the strength, power and calmness with which to handle any situation.

## Reader's comments

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