

# Getting Through The Day: Strategies For Adults Hurt As Children By Nancy J. Napier

By Nancy J. Napier

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Editor s Note: This is a guest post from Robert of [www.Flimjo.com](http://www.Flimjo.com). Most of the shadows of this life are caused by our standing in our own sunshine.

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Getting Through the Day: Strategies for Adults Hurt as Children by Nancy J. Napier, 9780393312423, available at Book Depository with free delivery worldwide.

Getting Through the Day: Strategies for Adults Hurt as Children, by Nancy J. Napier, LMFT. (1994)

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