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Psychogeneology

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Understanding your family history and breaking free of the forces that bind you to it.

Chronic dissatisfaction, repeated failures, health problems... What if the challenges we face in life are in fact a repetition of those of our ancestors? Rather than considering the individual as an isolated entity, psychogeneology analyses them through the prism of their family connections: visible or intergenerational connections, invisible or transgenerational connections. Concise, clear and lively, this book covers all the major authors, key concepts and main trends in this therapeutic approach. It also includes concrete case studies and practical guidelines.

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