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Psychogenealogy

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Illuminating the past with an eye to present-day fulfillment.

The aim of psychogenealogy and transgenerational analysis is to revisit our ancestors' lives to understand how they still affect us today. This book takes the opposite view of the idea that we are victims of the suffering experienced by previous generations. Far from being locked into a fatalistic vision that would force us to pay for what others have experienced in the past, we are free to transform our heritage into something that resembles us.
