


"Ira Israel speaks with wisdom and power about the central psychological issues of our day. His voice is a gift to all who are seeking to find their way."

— Marianne Williamson

HOW TO

SURVIVE

YOUR 

CHILDHOOD

**NOW THAT**

**YOU'RE AN**

**ADULT** 

A Path to Authenticity  
and Awakening

IRA ISRAEL

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Foreword by Katherine Woodward Thomas, author of *Conscious Uncoupling*

Ira Israel

## How to Survive Your Childhood Now That You're an Adult: A Path to Authenticity and Awakening



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In so doing, we discover our accurate callings and cultivate the authentic love we were born deserving. As adults, these conflicting wishes leave many of us feeling anxious or depressed because our authentic selves are buried deep beneath glitzy or rebellious exteriors or some mixture thereof. In this provocative reserve, eclectic instructor and therapist Ira Israel offers a powerful, comprehensive, step-by-step way to recognizing the means of being that people created as kids and transcending them with compassion and acceptance. As kids, we discovered to get approval by creating facades to help us get our emotional and mental needs met, but we also rebelled against authority as a way of individuating.



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you will love it this book is amazing. I am going to reread it. I believe I've bought this publication for at least three other folks now, plus they have all loved it too. I must say I learned a lot about me and about lifestyle. there is indeed much good understanding and questions in there. Offering insights into self by connecting the dots between our childhood, environment, relationships, and life experiences; This was a great book. I learned factors I didn't understand and .... Ira clarifies and assists us understand most of the aspects of eastern lifestyle, western culture and explains some of the misconceptions about Buddha and various other religions. I also heard from the girl I gave the publication to when I completed it. She stated it was really beneficial to her too. The guide to the quest for happiness... You will need to hear this book more than once! Initially, I was deterred by the name of the book because I didn't want to learn a psychoanalytical mumbo jumbo publication. As Ira points out and I agree, it should be required reading for each college student who wants to find out about math, chemistry but should study and learn about relationships. We don't own a commercial TV and watch films and HBO through projection program to allow me to focus on what content I would like to see which also allows me period to learn the books I wish to go through. I am an avid book reader from background, biographies, some fiction books like Donna Tartt's *Goldfinch* and enjoy good journey books as well. Ira's book is a practical instruction to identifying the impact you're allowing your childhood wounds to possess about yourself and your relationships running a business and in existence. But an excellent friend recommended the reserve.. Ira explains the way the importance of our childhood impacts our mature lives. Lately, I read the true FBI agent in *The Silence of the Lamb* including other serial killers did intensive work displaying that the thread between all of these killers revolved around the childhood. I learned things I didn't know and got some equipment I didn't have. must read Couldn't put it down! I know a lot of people who trust Ira in this respect. I could continue writing a full review but you should browse this book as addresses many topics from psychoanalysis, the false concept of romantic love, introducing us to eastern cultures which have become very popular with meditation and yoga classes and it's entertaining with great quotes. I think it must be a companion guideline after I read *The Alchemist*. As a prolific reader this is a must read! Quite lovely. Enjoy! This was a great book. Appreciate this wonderful reserve as it's filled up with many philosophical and psychological reflections. Love this publication!. Would highly recommend! This book had not been what I likely to be based on the title but everything I needed to be able to "survive my childhood" and more. I learned so much out of this book and it was pleasant to go through. well written. I would recommend this book for anybody who would like to get nearer to authentic self.-Susa- Epic read! That is a must read for each book reader because Ira covers a wide variety of topics on a very interesting subject that we all deal with on a day-to-day basis. Ira uncovers key problems of melancholy and perspectives on achieving happiness Ira's vast knowledge of 12 step programs, eastern and western philosophies, meditation and yoga contribute to his capability to communicate key methods to unclutter one's mind and get a fresh perspective on how best to achieve happiness.. One to keep close. I cherished all of the quotes and feel just like there's so very much philosophy that I'd now prefer to explore. I viewed some of Alain de Botton's movies and Ira Israel is doing something very similar in "How exactly to Survive." It's the perfect gift for most of my friends. PREPARE YOURSELF TO LIVE YOUR VERY BEST LIFE I've attended Ira's workshop at esalen not really once, but twice! Reading his publication and attending his workshops has enabled me to find myself in the world in a completely new way. I freed myself from the person that I thought I was stuck becoming, and I'm ready to meet each fresh day and problem with a fresh and important perspective. It was way more than I expected. Read with an open up mind

and be blown apart! While I may not agree with him about the drawback of western civilization he does give us a different watch and commentary on the impact and perceptions of our lives in America. This book can be a treasure and has helped me in so many ways. I was impressed by the wide range of information condensed into this easy to read book. Smart, insightful and funny. Ira Israel offers several insights and processes to transcend disadvantageous patterns and embrace your authentic path. Like a user's manual for the human mind. A touchstone book I look forward to sharing and returning to! I think the title of the book should be the Guide to the Pursuit of Happiness and Being Authentic. This is actually the first audiobook I've ever purchased and I was blown away by the incredible content and the lovely manner in which this wonderful author reads it. Buying copies for all my friends! Very enjoyable; An excellent balance of psychology, spirituality, humor, and beyond common sense in realizing personal. Ira includes a gift to explain concepts in easy to understand ways with like, wisdom and wittiness. and its own funny so it is not boring. and will be offering guidance into discovering the misperceptions we bring with us, into every aspect of our lives. The book is an insightful lead to lifting the veil and seeing and being our genuine selves. Thoughtful, intelligent and funny guide to locating peace. Extremely thoughtful, intelligent and often funny guide to examining how subconscious and conscious programming from family, society and culture keeps the mind mired in unhappiness while offering practical ways of living authentically through eastern and western psychology, yoga and mindfulness. In "How exactly to Survive Your Childhood Now That You're an Adult". The Alain de Botton of America! As Ira points out that pursuit of joy in the Western civilization in its present form seems to be a huge failure. A spectacular amount of applicable knowledge condensed into one particular to read book. Rich in content and well written with plenty of humor, Ira Israel's paradigm shifting voice is for anybody who wishes to discover even more of who they are really and live from this new place of increased freedom and joy. After reading it once I returned and randomly opened up to pages. Each time I found more brilliance and great assistance.



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