

# [PDF] Broken Children, Grown-Up Pain (Revised): Understanding The Effects Of Your Wounded Past

**Paul Hegstrom - pdf download free book**

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**Books Details:**

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Author: Paul Hegstrom  
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**Description:**

**About the Author** Paul Hegstrom is the founder of Life Skills International, a program designed to teach life skills to individuals with unacceptable behaviors and enhance family relationships through nurturing character and maturity. Paul holds a Bachelor of Science degree in pastoral counseling

and a Ph.D. in marriage and family therapy. He is a certified cognitive behavioral therapist with the National Board of Cognitive Behavioral Therapists and has been featured by such national media as USA Today, Focus on the Family, The 700 Club, The Montel Williams Show, and The Coral Ridge Hour. Paul and Judy Hegstrom's story was featured in the 1995 CBS movie, Unforgivable: The Life Story of Paul Hegstrom, which starred John Ritter.

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