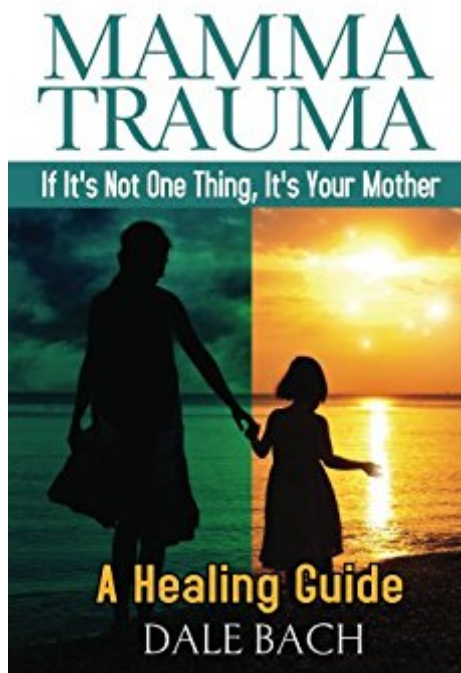




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MAMMA TRAUMA: If It's Not One Thing, It's Your Mother! (Mamma Trauma Transformation Series)



Synopsis

MAMMA TRAUMA is both an autobiography and powerful guide that gives hope and inspiration while teaching you over 30 quick and easy methods for restoring your mind and spirit back to wholeness. Dale Bach recounts her strange, eventful journey of violent childhood abuse at the hands of her mother and the patterns it created. If Dale Bach can heal and have more peace, freedom and happiness, then so can you!

Book Information

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Customer Reviews

Dale's book is so clear and compassionate. I immediately had compassion for her and her path. Her stories were told in a way that I could identify with the "little girl" in me as well as the "little girl" in Dale. I need to comment on the breathing exercises. Coming from the heart chakra when bringing in light and filling myself with that beautiful light works so well for me, better than the TM mantra I have used for years, as it is so easy to focus on breath. I purchased the Kindle version, and most likely will

buy the hard copy so I can have the exercises on hand. Every once in a while I find a book that creates "a change in me". This is one of those books. Congratulations, Dale.

I was able to personally meet Dale Bach in Brazil, in April. I was very impressed with her spiritual and high energy level! Dale is truly a testament in everything her book has to offer. In telling her story, and how she was able to change her life, is incredible! I think anyone who reads this book can identify with the pains of growing up, and how to heal and recover! I would highly recommend this book to anyone trying to seek help in changing their life!

I was so full of great thoughts from this book. I felt it has a great deal of healing for me and will keep the book by my bedstand to refer to the spiritual learning I gained from the honesty and the words of truth this author wrote. I also would recommend the book to anyone no matter what religion or belief they have it has universal appeal to the person who is a seeker or just want to help themselves to heal from the pain life can bring. Thank you to Dale for sharing her life with us and enriching my life.
Gene Borkan

In this book Dale Bach has drawn back the curtains and let's you into her life. With honesty and vulnerability she shows you how she's transformed her life from pain and suffering to one of joy. This is a must read book for anyone who suffers from their own guilt and shame, or anyone who is struggled with parent issues .

I found Dale's book to be packed with the inspirational as well as practical. The stories add a sense of personal insight of someone who has lived what she is teaching. The healing modalities give a real world application to some complex inner issues. I highly recommend her book for anyone on the path to self discovery and healing.

Dale's stories, at times, brutally honest, inspired me and gave me hope for myself and others. I could not put the book down and read it from cover to cover. The meditations and exercises are wonderful and I will definitely go back to do them again.

Don't miss this one - It doesn't matter how many personal growth or spiritual development books you've read - Dale's stories and vulnerability will blow you away. Her style is captivating and riveting. Her healing exercises will strongly inspire your own deeper healing.

This is the first book that I've read that truly address some issues that I have been avoiding for years. Dale has been there and back. If you want to work on your own mommy issues this is a good place to start. Bravo to Dale! And thank you for sharing your story.

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