



Breaking Free: How Chains From Childhood Keep Us From What We Want

Sheldon H. Kardener, Monika Olofsson Kardener

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These are some of the issues addressed by the Kardeners in *Breaking Free: How Chains From Childhood Keep Us From What We Want*.

- * Why do our best intentions so often go awry?
- * What prompts people to engage in behaviors that have the opposite outcome from what they wished to have happened?
- * What attracts us to our mates and then alienates us from them—only to find similar difficulties in subsequent relationships?
- * How and why do we get in our own way of success? What contributes to distress within a person, between people, communities and nations?

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James Oliver:

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Veronica Turner:

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