



# **Broken Children, Grown-Up Pain (Revised): Understanding the Effects of Your Wounded Past**

*Paul Hegstrom*

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Despair. Emotional isolation. Self-loathing. Immaturity. Abusive actions. These are just some of the damaging fragments that remain embedded within our personalities, behaviors, and souls when we are broken as children. The memory of the past may seem distant and clouded, but within its scars deep wounds remain that continue to inflict pain upon our adult lives--and often end up spilling into the lives of others. In *Broken Children, Grown-Up Pain*, Paul Hegstrom, author of *Angry Men and the Women Who Love Them*, shows us the scars from his broken childhood and shares practical and proven methods for facing and dealing with the pain of the past. By using scientific research, psychological studies, and biblical principles--especially those found in the Jewish model of raising children--he points us to the place of healing where we are finally free to pursue authentic relationships and build healthy emotional intimacy with others. This updated version of *Broken Children, Grown-Up Pain* is an excellent resource for pastors, teachers, counselors, psychologists, parents, or anyone wounded by an abusive past.

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