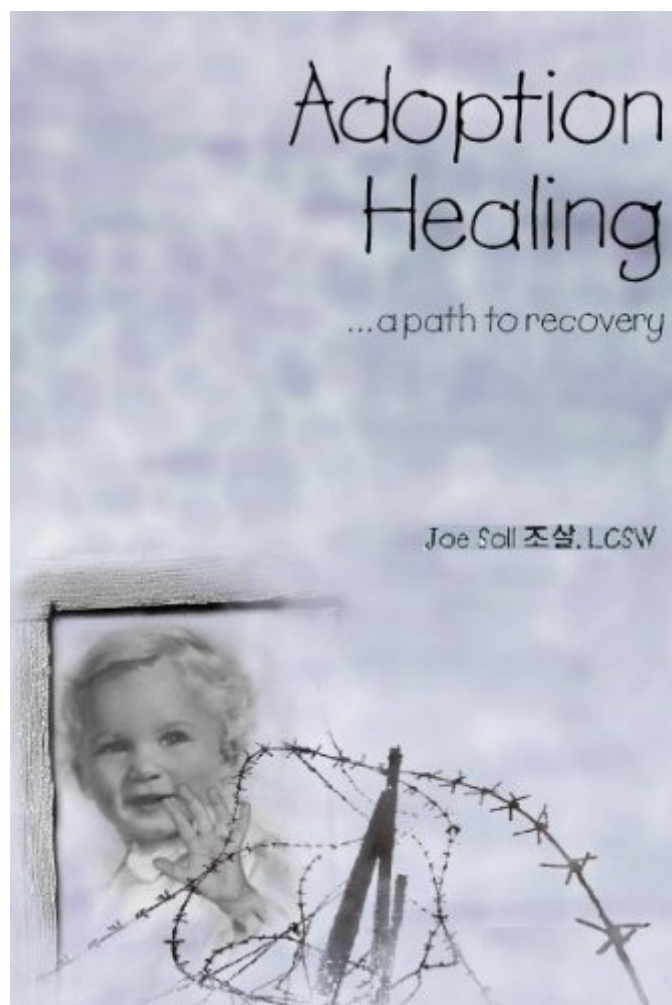


The book was found

Adoption Healing... A Path To Recovery



Synopsis

In this unique book, the reader is provided with a description of the unfolding of the adoptee's personality from birth, detailing each developmental milestone along the way, followed by different methods of healing the adoptee's wounds, including inner child work, visualizations, healing affirmations, and anger management. Every chapter includes a Myths and Realities of adoption section, a summary of the chapter and exercises to do one's own.

"Joe Soll has probably worked with adoptees and first parents more than anyone else on the planet. His approach has always involved empathy, intuition and introspection, without which dialogue runs dry. Few know the depth of the adoptee and first parent experience as well as Joe Soll, especially the dark side, where loss and loneliness reside. Combining his experience, or perhaps we should say wisdom, with current therapeutic approaches, Joe creates an environment where growth can occur. Read his work, try it out, see how it works for you." -Robert Andersen, M.D., psychiatrist, author of *Second Choice: Growing Up Adopted and A Bridge Less Travelled: Twice Visited*

Review by Jane Jeong Trenka, April 29, 2010

Some books are so good that you can even forgive your friend for "borrowing" your copy and never giving it back. *Adoption Healing* | a path to recovery by Joe Soll is one such book. As an author, teacher, and therapist, Joe Soll has brought the essence of adoption, its inherent pain to pen. His words offer counsel for the tragic separation that has occurred in the sacred union of mother and child. - Jane Guttman, DC, author of *"The Gift Wrapped in Sorrow."*

Book Information

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Customer Reviews

Never would I have believed that a short self-help book would be the most important book I have ever read or that it would change my life. I immediately identified with the characteristics Soll notes that many adoptees have -- feelings of abandonment, fear of meeting new people, the need to be "perfect." I finally felt validated in the feelings I have had for decades without explanation. It was like a giant light bulb went off. The book is an easy read but its message may be a difficult one to swallow, which is why I had his book on my shelf for years before I finally cracked it open. For many adoptees, I imagine this book will be an "aha" moment, as I had when reading the description of how many adoptees behave. It was like looking in the mirror. But, he then provides helpful ways to start the path to healing through inner child work and affirmations. For more information on this work, I recommend reading more about inner child work and watching his YouTube videos. Let me say that this book is not meant to make adoptees feel like victims or to make excuses for their actions, not is it just for adoptees who have a bad relationship with their adoptive parents. Although Soll has strong views on adoption, which I don't always agree with, there are so many truths in this book that it's impossible not to get so many benefits from it. To the people who say this needlessly opens a can of worms that adoptees should "get over it," or that it perpetuates a victim mentality, when I first read Soll's discussion about living an "authentic life," I had no idea what he was talking about. After all, I had been living a very happy, successful life and have a great relationship with my adoptive parents and family. This book hasn't changed those positive aspects. But my whole life, there has been a nagging feeling that something was holding me back. I never could put my finger on it, but when I read this book, it became so crystal clear why I do what I do. Now I realize why I am the way I am. Naysayers say that this book just creates victims out of happy, normal people. Let me say that I am not a victim. I realize we all have our own childhood problems. But the difference with adoption is that no one acknowledges the innate pain that we possess that causes us to have behavior that is not healthy. This book validates our loss and teaches us how to overcome it to live more productive lives and have healthier relationships with those we encounter. My loved ones have noticed a marked difference in my attitude for the better since I read this book and put its suggestions to practice. Thank you to Joe Soll for this life-transforming book.

This is an amazing book written by a reunited adoptee who knows both the struggle of the adoptee and the natural parent. Joe lays out a program to help heal from the sadness and pain of adoption. There is a world of information for every member of the adoption triad, as well as any person connected, or not connected to adoption in any way. It is a must-read for any adoptee or natural parent who is in the process of searching for their other. Joe helps you to prepare for reunion and all the emotions that come with it. I am very grateful to have found this book, and Joe Soll who personally helps people to heal, and then prepare for a possible reunion. My life has been change, profoundly, for the better. Thanks Joe for sharing your wealth of information, and for the endless amount of time you dedicate to the rest of us who need to heal the way you have. Joe is a perfect example of "pay it forward". He has healed himself, and now dedicates his life to helping those of us who wish to finally address the long-hidden issues of adoption. I can't say enough about this book, and it's author. Thank you seems so insufficient!

Good book. Helped me a lot and gave really good ideas and idea into the reasons, ways, behaviors, and actions to how loved ones and adopted people go about life. I give this book 4 stars because of its redundancy. Can be ignored, but annoying when reading in one sitting. Other than that, good book.

An incredible book, every line is significant to me, as an adoptee who was never been allowed to acknowledge the tremendous issues we face. First book I had on the subject and has become an invaluable resource. Really able to connect my feelings in a way I never have before. Truly enjoying this book.

Insightful, helpful, and powerful! This book gets into the mind and heart of the adoptee. I highly recommend this book for personal use as well as professionally for anyone touched by adoption.

Adoption Healing gives explanations and practical exercises to help one work through personal adoption history. The book speaks to the adoptee, the birth parent, and the adoptive parent. This is the first book on adoption I have read since beginning the search for my birth family. My adoptive parents have passed away, but I'm convinced that it's never too late to recapture the lost parts of one's life and self identity. This book was very helpful! The book is not written from a Christian perspective, but I think it's essential to include Father God in the visualizations the book suggests; He's the one who knows the truth that will set us free. My prayer for you is that you received many

healing insights.- Review by Sally, an adoptee

This a very important book for anyone who wants to understand the truth about the trauma of adoption. There's very little material out there in the world that covers the depth of the trauma in the adoption triangle (1st mom, 2nd mom, adoptee) with such clarity, compassion and helpful insights. This is a must read for anyone serious about helping themselves. Very helpful.

My husband learned, at the age of 60, that he was adopted as an infant. I purchased this book for both of us to read, to help us understand the thoughts and emotions of everyone involved. Reading the book helped my husband to understand the feelings and thoughts he has had since he was young; thoughts of not fitting into the family, not measuring-up, not feeling accepted. God is bringing about healing for us all.

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