



Twenty Life-Transforming Choices Adoptees Need to Make

Sherrie Eldridge

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Adoptees working through the issues surrounding their birth can face grief, anger, and questions about their identity. Drawing on the stories of more than 70 adoptees, Sherrie Eldridge shows adoptees how to discover their unique life purpose and worth. The 20 life-transforming choices for adoptees discussed in this book can change your life. They'll help you discover answers about issues such as:

- Why do I feel angry or ashamed whenever I think about my birth parents?
- Why can't I verbalize the painful aspects of adoption?
- Where can I gain an unshakable sense of self-esteem?

And much more!

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