



Wisdom to Know the Difference: Core Issues in Relationships, Recovery and Living

Charles L. Whitfield

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Wisdom to Know the Difference. This book addresses in detail these common Core Issues in Relationships, Recovery and Living, how they come about and choices and solutions to use them to your advantage, heal and experience peace. • Needing to be in control • Difficulty trusting • Difficulty being real • How to handle feelings • Low self-esteem (shame) • Dependence versus Independence • Fear of abandonment • All-or-none thinking and behaving • High tolerance for inappropriate behavior • Over-responsibility for others • Neglecting my own needs • Grieving my ungrieved hurts, losses and traumas • Difficulty resolving conflict • Difficulty giving and receiving love Based on over 35-years of clinical experience assisting people with addictions, trauma survivors and people with various problems in living, Dr. Whitfield describes how to identify and handle each core issue. Dr. Whitfield lives and practices in Atlanta, GA. He has been voted by his peers, since 1993, as one of the Best Doctors in America, and has been a guest researcher and consultant at the CDC since 1998.

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