

Solutions for Dysfunctional Lives

Review of *Recovery From Childhood in America* by Linda Meyerholz, MS, LMHC
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*R*ecovery
*f*rom
*C*hildhood
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by
Linda
Meyerholz,
a mental health
counselor and
local author of
*Codependency
Sucks*, examines
why



Americans who enjoy unprecedented freedoms also embrace and embody unprecedented levels of violence, addiction and crime against themselves and others.

Meyerholz attributes much individual dysfunction to a national socialization process imbued with "toxic intellectualism and materialism that has taken us from spiritual security to spiritual starvation." The culprits, she says, include spiritually crippled families, unhealthy peer pressures and relentless media messages.

The antidote starts with reawakening our spirit senses and living more simply. The ultimate answer resides in looking to one's Higher Power for the essence of what makes us "feel connected, complete, centered, alive and worthwhile."

"When we're not attached to God and our own spirit, we must attach to something or some other person outside of our selves," explains Meyerholz. Often such influences have a detrimental tendency or agenda.

The author's recommended therapy is to expunge childhood social programming that would make us vulnerable to myriad forms of human ignorance, arrogance, greed or mismanagement. The result for spiritual seekers following such advice is a more truthful way of life, free of attachments that would take them away from their best, happiest, most productive self.