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Peugeot 407 Diesel (2004-2011) 53 to 11 Haynes Online Manual

Whether you ' re a repair professional or a do-it-yourself Peugeot 407 owner, this manual will help you understand, care for and repair your Peugeot 407. This repair manual will help you to perform all the main maintenance and repair work correctly and efficiently.

Saloon and Estate models with 1.6 and 2.0 litre diesel engines. Does not cover features specific to Coupe Diesel: 1.6 litre (1560cc) & 2.0 litre (1997cc) Does not cover petrol engines or 2.2, 2.7 or 3.0 litre diesel engines.

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A maintenance and repair manual for the DIY mechanic.

為什麼我的大小事，他們都要插手管？

令人不寒而慄的見解，戳穿父母是多麼具毀滅性

如何和過去和解，避免過度控制孩子和其他心愛的人？

一覽8種「控制型父母」教養風格

解析12種最常見的控制手段 22個自我修復的練習

3個步驟斷糾結、拿回人生主導權

控制，不是愛，而是父母排除自身焦慮的表現。

他們不是不愛我，只是更受困在自己的恐懼之中。我不能換掉父母，也不能改變過去，但可以不讓他們繼續操控我的未來。

父母已無法改變，我只能改變自己：告別糾葛、設下界線，盡可能和平共處。全美讀者感動好評！

「每一個字都像在說我，我在每一頁發現自己的人生。」

「關於和父母相處的種種感受.....我感覺得到了認同。」「醍醐灌頂的一本書！.....我見識到控制行為如何一代傳一代。」

「帶來希望.....讓我相信情況是會改變的。」

你是否常常覺得自己：| 即使旁邊沒人也覺得受到監督？|

對他人的批評過度敏感？|

覺得做決定很困難？對自己的決定缺乏信心？|

很難放鬆、大笑或任意而為？|

有別人想要傷害你或佔你便宜的預設心理？|

在感情中容易迷失自我，總是以對方的需求為優先？|

對朋友或伴侶有控制或不尊重的表現？若有以上現象，你可能來自一個缺乏安全感的「控制型家庭」。根據統計，美國每十三個成人之中，就有一個在「不健康的控制」之下長大。不健康的控制，指的是父母試圖操控孩子的飲食、穿著、言談、個人感受、金錢、人生選擇、社交生活，藉此不允許孩子發展其

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獨立的人格。受控的孩子，成年後，為了追求自己的幸福與自由，往往背負比一般人更沉重的罪惡感及無力感。如何自救，並設下較健康的互動界線？該不該暫時斷絕與父母聯繫？如何原諒父母所造成的傷害？萬一他們繼續干預你的社交生活、職涯選擇或養育子女的方式，該如何保有自己又不至於鬧僵？美國知名家族治療師丹·紐哈斯博士，針對以上問題，在本書中皆提供了務實的分析及建議。這本書將引導你掙脫「內在父母」（你所內化的父母——挑剔你、貶低你的內在批評聲音）的影響，平息積壓的怨懟和憤怒，並強化決斷力與自信心，為你帶來心靈平靜與親子相處的智慧。

【8種「控制型父母」類型】

- 1.緊盯型父母：恐懼孤單，對子女如強力膠般緊黏不放。
- 2.剝奪型父母：一旦孩子表現不合意，就冷酷地收回愛與資源。
- 3.完美型父母：最在意外人的眼光，要求只有最好才夠好。
- 4.教條型父母：恐懼不確定性，從組織和教義中尋求安全感。
- 5.混亂型父母：情緒起伏難以捉摸，不是太嚴厲，就是太鬆散。
- 6.利用型父母：極度自我中心，把子女吸乾的情感吸血鬼。
- 7.虐待型父母：滿腹怨恨，在言語、情緒、肢體上虐待子女。
- 8.幼稚型父母：可憐兮兮，軟弱無能，無法盡到保護子女之責。

【設下「隱私」的界線】

小時候，你被迫回答侵犯個人隱私的問題。

現在，光是拒絕回答不恰當的問題就能設下界線。

【設下「決定」的界線】

小時候，父母試圖主導你的每一個決定。現在，你可以說不，或告訴父母你需要時間考慮他們的要求或批評。

【設下「金錢」的界線】

小時候，仰賴父母的經濟援助而必須受控制。

現在，你經濟獨立，可以根據自己的價值觀妥善運用金錢。

【設下「社交」的界線】

小時候，父母過度干預你的社交生活。

現在，你可以選擇是否要知會他們你的個人活動。

【設下「個人空間」的界線】

小時候，你沒有選擇住處的自由。現在，你可以搬出去，並在拜訪父母時不一定要留宿在他們家裡。【專家推薦】

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李偉文 / 牙醫師、作家、環保志工 林靜如 / 律師娘

周志建 / 心理博士、資深諮商師、故事療癒作家

海苔熊 / 科普心理學作家 陳志恆 / 諮商心理師、作家

魏璋志 (澤爸) / 親職教育講師 蘇益賢 / 臨床心理師/作家

(以上依姓氏筆畫排列) 【各界讚譽】「解開過去之謎，指出是什麼在不知不覺間傷害著我們的親密關係。《如果我的父母是控制狂》幫助我們跨越代溝，達到理解與接納。」

——約翰 葛瑞 (John

Gray)，《男人來自火星，女人來自金星》作者「說明過度控制的父母如何否決反對意見、壓抑強烈的情緒、批評而不讚美、訂下嚴苛的紀律、逼迫孩子必須努力爭取他們的愛，以及堅持他們永遠是對的。」

——紐約羅徹斯特市《民主紀事報》(Democrat and Chronicle)「成功刻畫許多常見的極端教養風格 以及受此教養的孩子長大成人後的感受模式。」

——《達拉斯早報》(Dallas Morning News)「充滿務實的建議與實在的支持，寫給不見得受到父母肢體暴力或性虐待，但一樣受限於持續不斷的不健康控制關係的人。」

——《出版人週刊》(Publishers Weekly)「按部就班的計畫，(讓讀者)破除根深柢固的有害習慣，脫離不健康的監護人 並改變自尊低落、不信任感或甘願成為受害者的慣性思維。」

——《洛杉磯時報》(Los Angeles Times)「平易近人、條理分明、絕不含糊 可助成人療癒過往創傷，或至少達到更深的理解。」——《佛羅里達今日報》(Florida TODAY)「

說明如何不讓父母在成長過程中造成的痛苦，變成長大成人之後的痛苦。」——《新女性》雜誌(New Woman)「並非提出一套一體適用的規格化復原計畫，而是提出幾種『療癒之道』和練習法，協助你『在情感上離家獨立』。本書是自助書籍之最。」

——Amazon網路書店「邀請讀者探究自己落在光譜的何處，鼓勵讀者藉由自我檢視、自己負起責任及獨立自主來抵消控制型教養的負面效果。」

——加州馬林縣《馬林獨立期刊》(Marin Independent Journal)「令人耳目一新、欲罷不能，探究剖析很少人起而對抗的終生掙扎。最重要的是，本書帶領我們領悟到：不必忍受

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，我們可以戰勝。」——華特 安德森（Water Anderson），《關於自信的21堂課》（The Confidence Course）作者「精彩傑作。書一送到電台，我就狼吞虎嚥一睹為快。我愛這本書。」——安 寇迪（Ann Cody），波士頓WZLX廣播電台Common Ground節目主持人「如果你懷疑自己是在控制狂父母的教養下長大，我要力勸你找這本書來讀。很棒的一本書。」——瑪西亞 金普頓（Marcia Kimpton），加州納帕市KVON廣播電台節目主持人

本书对有误差和热处理变形的真实齿面啮合理论进行了系统的研究,采用曲面造型技术、CAGD理论与齿轮啮合原理进行交叉与融合,建立了一套适合于各种齿轮传动真实齿面啮合分析的新理念及方法。

Traditional Chinese edition of The Mermaids Mirror, a teen fiction about a girl who wants to learn to swim but is forbidden by her father to learn. A modern day Little Mermaid story. and a 2010 William C. Morris Award Winner. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

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