



# The V-Spot: Healing the 'V'ulnerable Spot from Emotional Abuse

*Joan Lachkar*

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Everyone knows what the "G-spot" is, of course. It is a woman's most sensitive and vulnerable physical area. Although men do not have a G-spot *per se*, both men and women have what Joan Lachkar calls a "V-spot"—a concentration of highly charged emotional sensitivities emanating from early childhood experiences that remain raw and unhealed. These experiences might involve the parent who abandoned the child at an early age, the mother who smothered the child with too much affection, or the child who was neglected and never touched or soothed. Another source can be a parent or caretaker who drills the message into the child, "You're not good enough, not deserving enough, too demanding," etc. For men it could be an emotionally castrating, controlling, dominating, overbearing mother.

Many authors have written and talked about emotional abuse, but until *The V-Spot* no one has given this area of volcanic emotion a name or has written about it in terms accessible to layman and professional alike. Getting in contact with the V-spot is the *only* way to break away from emotional abuse and begin the healing process. No other book pinpoints not only what ignites the V-spot but also how and why the resulting affect-explosion interferes with judgment, reality, thinking, and perception. The reader will be astonished to discover how tracing the source of one's V-spot strengthens one's capacity to make complex decisions and lessens the repetitive cycle of pain, anxiety, confusion, and turmoil that blindness to one's V-spot can produce.

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**Joan Lachkar**

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