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guides us through four
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your true self: 1. Learn
to be 'real' by
practicing being 'real'
with safe others. 2.
Identify your healthy
human needs. 3.
Grieve your ungrieved
hurts, traumas and

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introduction to the
basic principles of
recovery. This book is a

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breakthrough concept
of the child within -
that part of us which is
truly alive, energetic,
creative, and fulfilled -

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launched the inner
child movement.
Healing the Child
Within describes how
the inner child is lost to
trauma and loss, and
how by recovering it,
we can heal the fear,
confusion, and
unhappiness of adult
life.

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to the basic principles

of recovery. This book

is a modern classic, as

fresh and useful today

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by Charles L. Whitfield

(28-Jan-1991)

Paperback Unknown

Binding - April 1, 1987

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Dr. Whitfield describes
the journey of
discovery and healing
our fears, confusion,
and unhappiness. This
book begins where
many others describing

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adult children of
alcoholics have left off.

**Healing the Child
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Inner child work is the process of contacting, understanding, embracing and healing your inner child. Your inner child represents your first original self that entered into this world; it contains your capacity to experience

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wonder, joy,
innocence, sensitivity,
and playfulness..

Unfortunately, we live
in a society that forces
us to repress our inner
child and “grow up.”

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Within ...

One might call this
defense “false
observer self” since its
awareness is clouded.
It is unfocused as it
“spaces” or “numbs

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out.”. It denies and
distorts our Child
Within, and is often
judgmental.”. —

Charles L. Whitfield,
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Highly recommended by therapists and survivors of trauma. Dr. Whitfield provides a clear and effective introduction to the basic principles of recovery.

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the "child within" in his

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state-of-the-art, whole
body, mind and spirit
energy healing
technology. Within
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