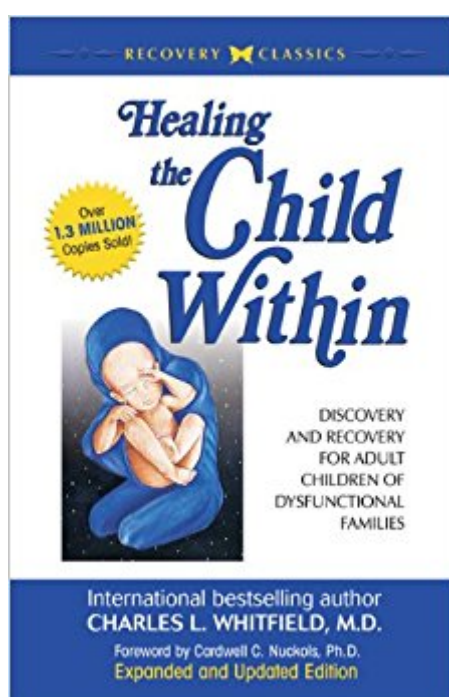


The book was found

Healing The Child Within: Discovery And Recovery For Adult Children Of Dysfunctional Families (Recovery Classics Edition)



Synopsis

Dr. Whitfield provides a clear and effective introduction to the basic principles of recovery. This book is a modern classic, as fresh and useful today as it was more than a decade ago when first published. Here, frontline physician and therapist Charles Whitfield describes the process of wounding that the Child Within (True Self) experiences and shows how to differentiate the True Self from the false self. He also describes the core issues of recovery and more. Other writings on this topic have come and gone, while Healing the Child Within has remained a strong introduction to recognizing and healing from the painful effects of childhood trauma. Highly recommended by therapists and survivors of trauma.

Book Information

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Customer Reviews

Heal, so it won't hinder your growth, or progression in life.

All I got from this book is that I need to "heal my child within" by going to support groups or therapy. There was no real guidance or good examples of other's stories. I'm really confused why others

rated this so highly.

This is a necessary read for those who are trying to heal the child within. I do agree that you might need to read it a few times for it really to sink in.

One of the greatest books for healing your child within.

I love this little easy read book. I buy it and give to patients when appropriate and I get wonderful feedback from my patients.

This book can relate to so many people that come dysfunctional families, alcoholic families, addict families and can cover so many areas. Some part do not pertain to me but there are a lot of things that I can definitely relate to.

Awesome resource, educational. A great read for those in clinical, hands-on treatment settings w patients.

A wonderful great book to help personally. Found some great advice inside those pages and I would recommended it to any person.

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