

"The best book I've read yet on how to talk to your Inner Child and find what it needs. Practical, helpful, and easy."

—Melody Beattie, author of *Codependent No More*

Recovery of Your Inner Child

The highly acclaimed method
for liberating your inner self



LUCIA CAPACCHIONE, PH. D.,

author of THE POWER OF YOUR OTHER HAND

Introduction by Charles L. Whitfield, M.D., Ph.D. author of
Healing the Child Within and *A Gift to Myself*

Lucia Capacchione

Recovery of Your Inner Child: The Highly Acclaimed Method for Liberating Your Inner Self



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The Inner Kid lives within most of us, it's the part of us that feels feelings and is playful, intuitive, and creative. Capacchione shares ratings of hands-on activities that will help you to embrace your Vulnerable Kid and your Angry Child, find the Nurturing Mother or father within, and finally uncover the Innovative and Magical Child that can heal your daily life. Recovery of Your Inner Child may be the only book that shows you how to possess a firsthand connection with your Inner Child—in fact feeling its emotions and recapturing its sense of wonder— Expanding on the extremely acclaimed technique presented in The Power of Your Other Hands, here Dr. by writing and drawing together with your nondominant hand. Usually concealed under our grown-up personas, the Internal Child holds the main element to intimacy in associations, physical and psychological well-becoming, recovery from addictions, and the creativeness and wisdom of our inner selves.



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Amazing Currently going right through a divorce and realizing in the wake of it that I've struggled with codependency and inauthenticity my very existence. This book immensely helped in how I coped with my past struggles While there were a number of books that have been written regarding the Inner Child concept, Cappachione's book was not about teaching the idea solely but focused more as a self-teaching instruction and activity book on the subject. The interesting area of the activities is that the writer asks you to create with your nondominant hand (if you are right handed, it is your left and vice versa) when writing down a dialogue with the inner child speaking and making use of your dominant hand when the parent part of the dialogue is speaking. It really is an ingenious system that helps people bypass the rational mind and connect straight with their emotion so they can do some deep recovery work on their personal. But healing originates from bringing that kid out from hiding, this publication is amazing tool compared to that end! Lucia Capacchione can be a revolutionary therapist which has changed the way we are able to help resolve "unfinished business. In Recovery of Your Internal Child, Capacchione lays out a beautiful plan for helping readers speak straight with their Inner Child by composing with their nondominant hand. If you grew up with violence and abuse, who you really tend got tucked apart so you might survive. Excellent read and exercises Great self reflection book, fun exercises to heal your inner kid or at least understand your inner childhood wounds. As a dating and relationship coach, I've recommended this publication to numerous of my clients. For anyone doing trauma-informed function and finding themselves trapped with the treatment process Inner child work is absolutely amazing." Good Book Take your time with it and explore. Easy reading and I enjoyed the exercises using your non dominant hand and the use of healing through art therapy - invaluable Get. I've experienced transformation from my history struggles on my self-identity which book has immensely helped in how We coped and how I live in the present.. I got a duplicate for my cousin in prison, too. Why don't we all purselves and the globe will be healed! very healing Please get this book..nowww I would like to thank the soul who cared plenty of approximately themselves, and therfore for all of us all who wrote this exquisite reserve, very creativel. Grace and Charity and he's happier than before lovely book. I acquired many laughs while scanning this book. So pleased this was directed at me - it's produced a significant difference! I gave it to my buddy to check out as well. Will also give it to my other brother. More descriptive and personal insights on my blog page: <http://confidencecues.if> I are able it finically. That is a most joyful book about the recovery of Your Inner Child! Now my hubby is focusing on his inner kid, and he's happier than before. Now we get to monkey around that the neighbours asked us if we've kids at home. HAha! I've begun an application that prescribes getting in touch with your inner child to cultivate authenticity but when you've stuffed it inside for such a long time it's not a simple task. A big section of the reserve was about the suggested activities and the good examples from the writer's experience in the inner child work. The interactive aspect of the book makes it challenging along with exciting. There are set of activities, like a craft workshop, where specific art materials are needed such as coloring pens, paper, etc. I've had this reserve for two days and I'm just beginning it but two days If exercises has trained me therefore much about myself currently!it. I am thinking about going to Art Therapytoo....com/how-i-uncovered-my-inner-child-and-experienced-personal-transformation/ Five Stars An extremely big help with my personal self care. Many different activities. I would definitely recommend this publication to all who've childhood wounds to dig deep and see what your inner child says to you through these invaluable exercises. Sometimes prolonged exposure or EMDR aren't the ways to go. Artwork taps into something really special within us, and although I was skeptical of the modality, it has proved results. They are very aggressive types of

cognitive exposure. As long as a client will be able to imagine their inner child within a secure space, the dialogue between adult and kid can remedy a lot of psychosomatic symptoms. Excellent Program for Learning How exactly to Speak to your Inner Child One of the problems with a whole lot of self-help books is that they are great so far as providing details, however they don't really help readers integrate the learning in a deeper level. This publication moved me my internal soul, my internal spirit. This book is actually good in the event that you completely buy in and do everything that ... This book is actually good if you completely buy in and do everything that is suggested to the very best of your ability. I look forward to doing the work assignments. ? This is a most joyful book about the recovery of . One Star Nah



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