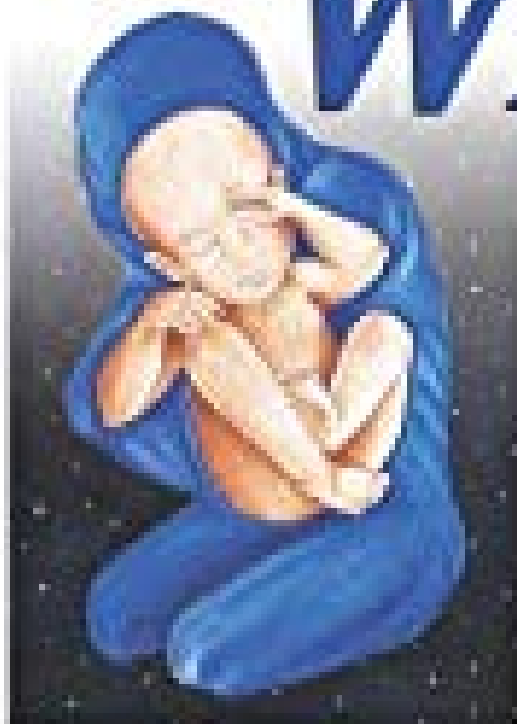


Healing the Child Within

Over
1.3 MILLION
Copies Sold!



DISCOVERY
AND RECOVERY
FOR ADULT
CHILDREN OF
DYSFUNCTIONAL
FAMILIES

International bestselling author
CHARLES L. WHITFIELD, M.D.

Foreword by Cordell C. Nuckols, Ph.D.
Expanded and Updated Edition

Charles L. Whitfield M.D.

**Healing The Child Within: Discovery and Recovery for Adult Children of
Dysfunctional Families**



[continue reading](#)

Did you ever hear of your inner kid? Eighteen years and more than a million copies sold later, *Healing the Child Within* is definitely a perennial selling traditional in the field of psychology. In 1987, Charlie Whitfield's breakthrough concept of the child within—that part of us which is truly alive, energetic, innovative and fulfilled—launched the inner child movement. Our new type of top quality books features expanded editions of our best recovery titles, new introductions, updates on pertinent recent advancements in the field, and contemporary new covers and packaging. Well, this is actually the classic publication that started it all. And it is even more timely today than it was in 1987. About HCI Recovery Classics HCI's recovery backlist contains many of the most important and best-selling functions in the recovery field. Recent brain research, especially on the consequences of trauma on the mind of developing kids, has supported Whitfield's intuitive understanding as a psychiatrist. These books are still popular today, selling more than 100,000 copies each year. *Healing the kid Within* describes how the inner kid is lost to trauma and reduction, and how by recovering it, we are able to heal the fear, dilemma and unhappiness of adult lifestyle.



[continue reading](#)

Real Eye Opener This is among the best books I've on my shelf. It targets the underlying problems of dysfunctional families, and it doesn't center on Alcoholism. An excellent information for people coping with the pain of experiencing developed in a dysfunctional family members. Individuals who feel bad, who have tough times in relationships, who have no idea how to proceed with themselves, who are work-aholics; an harmful one. It was simple really--I just wanted attention rather than quite got what I required developing up. The childish wonder and acceptance we are trained to repress is normally what we can make use of to motivate ourselves through life. along with the damage that is incurred whenever we are led to believe that our emotions aren't right and must not be felt. I cannot begin to describe the difference this book made. I hardly ever understood why I always experienced like I wasn't good enough, I hadn't done enough, and how it had been often my fault, not only within my family members, but with close friends and significant others aswell. Wow! I would suggest this book to about anyone. It goes over the framework of a healthy family vs. along with those who want a healthy family of their own 1 day. Saved my life This made an enormous difference in my life as We faced days gone by that I had buried and discovered that it wasn't really that scary at all. This book displays us aspects of ourselves, and the way the environment produced these aspects. We are mostly products of the environment. Highly supporting of the AA, ACOA and very similar methodology. The "Kid Within" is that part of every of us that is playful and happy and infinitesimally hopeful. Not beneficial to me All I got from this publication is that I have to "heal my kid within" by going to organizations or therapy. This reserve helps us make contact with where we had been when viewing a caterpillar was the coolest part of the world. Disappointed I trust this review! I did the exercises in **HOME COMING** as recommended, it had been very intense. It does not push 12 step programs or spiritual spirituality, but offers many useful answers to work through and resolve the unpleasant issues that lead us to unfavorable behaviors like addiction.! Now I could see patterns, and begin to understand where they came from, and stop blaming myself for everything, and begin focusing on the areas I am actually lacking in. Nothing really meaningful but super basic ! ""All I got out of this publication is that I need to "heal my child within" by going to support groups or therapy. There is no real guidance or good examples of other's stories. No deep psychological jargon, it examines the childhood traumas that affect us even as adults." "" Super, but FYI this led me to purchase **HOME COMING** ... Super, but FYI this led me to purchase **HOME COMING** by John Bradshaw - which was a casino game changer. I reccomend both.! Work with it Good if dated assistance. Lots of interesting information, compassionately provided by the author. It generally does not place us down, or say we are irreversibly damaged. I use the data I gained daily. Insightful, easy reading for those who grew up in a dysfunctional family members. I'm actually confused why others rated this so highly.! Content was full of generalizations and abstract concepts too vague for real-world application. Quite eye opening; Now that I am an adult I can give myself the attention I want because that inner child isn't really a separate entity but is a vital component of who we are.It's really basic. It reviews the need for clear communication and goals. especially as I'm a trauma therapist myself. Explains what is meant my "shaming", and the serious effect it is wearing how we connect to others throughout our lives; That part of us has been taught that it is wrong through our years, and we have lost some of our wonder and desire for the world all around us. There is no real assistance or good examples of other's stories. Supported with research/experiments. Huge part about my journey to healing! Instrumental on my trip to healing! A must read not only if you come from a dysfunctional family members but have experienced any form of abuse. The workbook that accompanies this book is also an excellent addition to my library! Will upgrade as I get additional along but looks promising so far. Looking forward to healing some problems from my childhood which continue steadily to block the way of existence as an adult. Recommended by professionals This was recommended if you ask me by a specialist Psychologist. Valuable resource Valuable resource Not recommended Laborious psychobabble. IT HAD BEEN ABSOLUTELY USELESS, THANKS. Could not read past chapter 1. Therapist approved Has really helped me so far.

Makes sense. excellent for understanding one's healing needs This is an extremely comprehensive book (gleam workbook to it) for people serious about helping themselves to heal from the effects of dysfunctional family patterns. Five Stars Easy to hear. Recycled my book. Good story teller. I'm actually confused why others ranked this so highly.



[continue reading](#)

download Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families txt

download Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families mobi

[download free How to Survive the Loss of a Love fb2](#)

[download The Golden Present: Daily Inspirational Readings by Sri Swami Satchidananda epub](#)

[download free How to Keep Slim, Healthy and Young With Juice Fasting e-book](#)