

# *A Gift To Myself*

A PERSONAL  
WORKBOOK  
AND GUIDE  
TO THE  
BESTSELLING

*"Healing the  
Child Within"*



CHARLES L. WHITFIELD, M.D.

Charles L. Whitfield

## A Gift to Myself: A Personal Workbook and Guide to "Healing the Child Within"



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This is a gentle and effective workbook and guide to Healing the Child Within. Once a reader starts this book, the healing up process begins -- also if they rarely do some of its exercises. Among the highlights of this book is the clear description of age regression, probably the most crucial principles in curing and recovery. It could be utilized with or without no currently read Healing the kid Within. Using several experiential exercises that the reader can perform at their own pace, physician and author Charles Whitfield will take us on a healing journey into our inner and outer life.



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that your misery is usually temporary. I was having flashbacks and panic attacks and desired to see through my past. I'm not half way through the book, but have discovered it to be very helpful so far. Five Stars Helps me mainly because an addition to "Recovery The Child Within" Three Stars An excellent book. That only was worth the price of the publication. given a hug, seeking badly to come out & I'm sure I acquired heard it before, but after recognizing just how damaged and dysfunctional my parents-and my family-were and are, I finally thought it. It has been very insightful. allow gorgeous real you come out &.. Suggested simply by my new therapist. As he put it, "Don't judge a reserve by its cover could not be accurate concerning this book. Be aware that once you begin this trip, stuff comes up and it's all okay. This involves the kind of introspection that really will promote healthy emotional living. I highly recommend for those who are willing to really see to their own psyches and issues in order to make meaningful changes. Thank God for this book My only complaint is that We had hoped to alleviate all my internal emotional pain quickly, like by this weekend, and instead think it is will take years! A few of the fears were ideas I had never considered for myself & I today see that recovery is a process & there's no immediate fix. No question I am miserable & shine. What I discovered in Chapter 2 offers taken me per month so far just to internalize it all, because I found that every aspect of my entire life is definitely ruled by several fears! It had taken all my life to create me this screwed up, no-one could begin to fix my life over night! stuck! Whitfield recommends functioning this book over a 2-5 year time frame, and my center sank at the very thought of hurting for that a lot longer! I am slowly able to let go of more & I immediately started feeling a little bit of alleviation that finally, someone understands what the hell they are speaking about & I possibly could guarantee that for any one who comes to this publication open-minded & now that Whitfield's questionnaire provides so clearly pointed them out, I know all of them are true for me personally. more knowing I've this companion workbook to greatly help me every stage of the way, from recognizing the fears that sabotage my life & pleasure, to discovering all of the many losses I hardly ever knew to grieve, to guiding me carefully into that healthy required grief without concern with shedding control of my feelings.! know it to become the most beneficial workbook I have ever & will ever, buy! If it had price \$100 it would have been worth it, luckily it was around \$10. What a bargain for finally understanding all of the answers to the nagging doubts that have plagued me most of my 37 years. It had been that voice, MY inner kid, deep inside, begging to be recognized, begging to end up being loved & It was like a excess weight was lifted from me. play & get some sun on her behalf beautiful face. This book comforts and manuals your inner child through a healing journey. In the event that you ONLY perform chapter TWO it'll be worth the price! I don't believe anyone can discover that many truths as in Ch. 2, and ignore it and place this reserve down. that I could trust that Whitfield won't take advantage of my vulnerability to feed me trash. really ready to find away why they are therefore miserable, you will finally breathe a genuine sign of alleviation & understand you're in the proper place & Very useful work book I bought this work publication to keep to heal from a childhood with 2 abusive alcoholics. Inside you may be the source of great happiness, fulfillment, imagine never being lonely or empty again! Imagine knowing all you need to know when you need to know it, and realizing the source of the wisdom resides inside your self right now? Wow. Obtain it, work it, and finally, heal your wounded inner self & I highly recommend for those who are prepared to really see into .We started the publication last month and still left off at chapter 3. The Best Book UNDOUBTEDLY! I trust the procedure outlined in this workbook & Highly recommend! It stands alone with it's very obvious and illustrated Teaching. The group of questions and results are very eye opening. The Best Book I have read, studied and used on the subject of Adult Children. I am a Sociable Worker by trade. Strongly suggested - your Inner Child will thank you Presently working through this after a house fire took aside everything I had. Including house animals. Devastating. This book has helped me so quite definitely on my journey inward. Do yourself a favor, understand this book!" I've experienced homework before from therapists, but that is deep. Excellent book for therapeutic! Very helpful! I've been using this book, along with therapy. I would highly recommend this reserve to anyone fighting problems from their childhood. Huge part in my journey to therapeutic! Huge part on my journey to therapeutic! Important book to increase my library. A great gift to yourself. The fire was a catalyst to bring a lot up that needed curing. Any books by this author are A+. Five Stars Great teaching tool. After years to be blamed for everything, I finally learned I was not at fault! Five Stars Great Book. Wanna Heal? Not long ago i purchased "A gift to myself" and I'm a new person! Five Stars ?????



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