

Read Book Healing The Child Within Discovery  
And Recovery For Adult Children Of  
Dysfunctional Families

***Healing The Child Within Discovery And  
Recovery For Adult Children Of  
Dysfunctional Families***

Sinor brings a refreshing approach to understanding the initial or underlying basis to one's emotional suffering due to past childhood trauma. This recovery book is filled with offerings from psychological, physiological, and spiritual perspectives. "Anyone who had a troubled childhood ought to read this book."—Anne H. Cohn, D.P.H., Executive Director, National Committee for

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Prevention of Child Abuse Do you have trouble finding friends, lovers, acquaintances? Once you find them, do they dump on you, take advantage of you, or leave? Are you in a relationship you know isn't good for you? Are you still trying to figure out what you want to do when you grow up? Are you drinking too much, eating too much or trying to numb your pain with drugs of any kind? These are just a few of the problems abused children experience when they become adults. You may not realize you were abused. You may think your parents didn't mean it, didn't know better, or that others had it much worse. You

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may not even have made the connection between the past and your current problems.

Outgrowing the Pain is an important book for any adult who was abused or neglected in childhood. It's an important book for professionals who help others. It's a book of questions that can pinpoint and illuminate destructive patterns. The answers you discover can lead to a life filled with new insight, hope, and love. "The best book available to help survivors cope and understand."—Dan Sexton, Director, Childhelp's National Abuse Hotline "An invaluable aid for adult survivors of child

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abuse.”—Suzanne M. Sgroi, M.D., Executive Director, New England Clinical Associates

How many dinosaurs can your child name? Not that it's going to be graded or anything but such knowledge can contribute to your child's self-confidence. In the same way, this coloring book can improve self-esteem because it provides immediate satisfaction. There are other benefits to coloring. Discover all of them by making coloring a habit!

In the battle between mazes and kids, who will win? Your child might, if he/she has the patience and right strategy to get out of all these mazes. Answering mazes is a fun

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learning experience that will help improve your child's ability to think of strategies quite fast. Start your child's training with one book of mazes at a time.

The Practitioner's Handbook

Healing Hearts

From Discovery to Recovery

Co-Dependence Healing the Human Condition

A Gift to Myself

Healing the Wounded Child Within

The Sacred Wound

**This book describes African Theology/ies and the Bible as a "contemporary mosaic." The book is shaped in the**

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form of a "mosaic" with three patterns. One pattern deals with the Bible and Culture. The second deals with Hermeneutics (interpretations of various biblical texts) as they relate to African cultural contexts and the third part deals with general issues of Gender Missiology and practical Christianity. Some of the themes treated in the book are reading and hearing scripture as a "hermeneutic of grafting", marriage in the Bible, HIV/AIDS care and intervention, Gender challenges and many more. This book is very easy to read and throws light on some aspects of African cultural and theological practices that may even have universal application. Seminaries, Theological/Divinity Schools will find this

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book very educative and resourceful. People who want to know more about the worldviews expressed in African Theology/ies will appreciate this Book.

This Book Presents a Paradigm Shift About Toxic Anger: Anger Is An Addiction Using the wisdoms of John Bradshaw, Pia Mellody, Claudia Black, Alice Miller, and many other recovery giants, Verryl grew to understand himself in the context of his past traumas. He was finally able to apply all the theories of these authors to heal his anger and rage. This expansion of theory to the emotion of toxic anger results in a revolutionary new concept of anger as an addiction. This paradigm shift empowers a person to recover from rage as an ill person seeking to

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be well, as opposed to a bad person trying to act better. Telling yourself you are a bad person is a self-defeating message to your inner self, but an ill person can get well. He presents this new, simple, and enlightened treatment for anger in easy to follow language. Ultimately these conclusions are illustrated as a set of simple diagrams that outline the full path of anger's development starting from the core emotion of pain from early losses through raging behavior that is life damaging. Using the revolutionary model of anger as an addiction, he demonstrates that anger can be healed. There is no need to rationally manage toxic anger (while remaining a bad person). Toxic anger practically evaporates as an



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emotional impulse as the underlying pain is resolved in the good, but ill person. Included: Research survey paper on Anger Management classes by Desiree Harris, M. C.

HEAL YOUR INNER CHILD... Do you want to learn how to heal your inner child? Do you want freedom from the hardships you've faced? Your step-by-step guide. In my short book you will learn how to heal your inner child, forgive yourself and others, accept the present, and more! This book is meant for anybody who wants to escape the sorrows of their past and heal their damaged inner child. You will learn...-What the inner child is-About the history of the inner child-How to forgive yourself

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-How to forgive others or even ask for forgiveness-Learn how to trust yourself and others-Learn about the different variations of the inner child-Much more... I'm a new author and I greatly appreciate reviews and feedback!Tags: inner child healing, inner child healing book, inner child healing books, inner child healing for women, healing damaged inner child, inner child healing for women, inner child of the past, healing from emotional abuse, healing the child within, healing from hidden abuse, healing your emotional self

Children have been a part of the cinematic landscape since the silent film era, yet children are rarely a part of the theoretical landscape of film analysis. Lost and

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Othered Children in Contemporary Cinema, edited by Debbie C. Olson and Andrew Scahill, seeks to remedy that oversight. Throughout the over one-hundred year history of cinema, the image of the child has been inextricably bound to filmic storytelling and has been equally bound to notions of romantic innocence and purity. This collection reveals, however, that there is a body of work that provides a counter note of darkness to the traditional portraits of sweetness and light. Particularly since the mid-twentieth century, there are a growing number of cinematic works that depict childhood has as a site of knowingness, despair, sexuality, death, and madness. Lost and Othered Children in

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Contemporary Cinema challenges notions of the innocent child through an exploration of the dark side of childhood in contemporary cinema. The contributors to this multidisciplinary study offer a global perspective that explores the multiple conditions of marginalized childhood as cinematically imagined within political, geographical, sociological, and cultural contexts.

A Parent's Guide to Practical Problem Solving

The Child Within

Reclaiming the Inner Child

Knowing, Protecting and Enjoying the Self

Trying to Grow Up in Alcoholism, Violence and

Dysfunction

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The Journey from Grief to Grace After Child Loss  
Discovery and Recovery for Adult Children of  
Dysfunctional Families

*Sure to become a classic on female empowerment, a groundbreaking exploration of the personal, cultural, and global implications of intergenerational trauma created by patriarchy, how it is passed down from mothers to daughters, and how we can break this destructive cycle. Why do women keep themselves small and quiet? Why do they hold back professionally and personally? What fuels the uncertainty and lack of confidence*

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*so many women often feel? In this paradigm-shifting book, leading feminist thinker Bethany Webster identifies the source of women's trauma. She calls it the Mother Wound—the systemic disenfranchisement of women by the patriarchy—and reveals how this cycle is perpetuated by wounded mothers who unconsciously pass on damaging beliefs and behaviors to their daughters. In her workshops, online courses, and talks, Webster has helped countless women re-examine their lives and their relationships with their mothers, giving them the vocabulary to voice their pain, and encouraging them to share*

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*their experiences. In this manifesto and self-help guide, she offers practical tools for identifying the manifestations of the Mother Wound in our daily life and strategies we can use to heal ourselves and prevent our daughters from enduring the same pain. In addition, she offers step-by-step advice on how to reconnect with our inner child, grieve the mother we didn't have, stop people-pleasing, and, ultimately, transform our heartache and anger into healing and self-love. Revealing how women are affected by the Mother Wound, even if they don't personally identify as survivors, Discovering the Inner*

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*Mother revolutionizes how we view mother-daughter relationships and gives us the inspiration and guidance we need to improve our lives and ultimately create a more equitable society for all.*

*To get somewhere it is useful to know where you are going. This can be especially difficult for people struggling with issues of addiction, compulsion, physical or mental illness. In this simple yet effective three-part program, best-selling author Charles Whitfield helps readers chart their own treatment plan and find a way out of the often confusing vortex of recovery work.*



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*Through illustrative charts and graphics he shows readers how to write their own recovery plan, including how to identify core issues and how to integrate those issues into a personalized plan. Stage one helps readers identify the illness or condition that plagues them and explains how recovery truly is within reach of those who participate in a full recovery program. Stage two explains how healing requires the reader to consider their adult child of trauma issues, such as co-dependence. It describes the way out of the pain and confusion-learning self-awareness, self-acceptance, self-responsibility and self-*

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*reflection. Stage three addresses more keys to success including having a healthy and nourishing spirituality and learning to live in the present moment, no longer burdened by the past or fearing the future. My Recovery Plan is an empowering book; it will give readers hope and instill the knowledge that they can, indeed, recover.*

*Written for those working to heal developmental trauma and seeking new tools for self-awareness and growth, this book focuses on conflicts surrounding the capacity for connection. Explaining that an impaired capacity for connection to self and to others*

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*and the ensuing diminished aliveness are the hidden dimensions that underlie most psychological and many physiological problems, clinicians Laurence Heller and Aline LaPierre introduce the NeuroAffective Relational Model® (NARM), a unified approach to developmental, attachment, and shock trauma that, while not ignoring a person's past, emphasizes working in the present moment. NARM is a somatically based psychotherapy that helps bring into awareness the parts of self that are disorganized and dysfunctional without making the regressed, dysfunctional elements the primary theme of*

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*the therapy. It emphasizes a person's strengths, capacities, resources, and resiliency and is a powerful tool for working with both nervous system regulation and distortions of identity such as low self-esteem, shame, and chronic self-judgment. More than personal boundaries, this book is really about relationships--healthy and unhealthy ones. Here bestselling author and psychotherapist Charles Whitfield blends theories and dynamics from several disciplines into practical knowledge and actions that your can use in your relationships right now. This comprehensive*

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*book opens with clear definitions and descriptions of boundaries, a self-assessment survey and a history of our accumulated knowledge. Going deeper, it describes the 10 essential areas of human interaction wherein you can improve your relationships. These include age regression, giving and receiving (projection and projective identification), triangles, core recovery issues, basic dynamics, unfinished business and spirituality. It shows in countless practical ways how knowledge of each of these is most useful in your recovery and everyday life. How I Recovered from Rage by Resolving My*

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*Lifetime of Losses and Pain*

*A-Z Dinosaurs Coloring Book*

*Wisdom to Heal the Earth*

*The New Paradigm for Helping Professionals  
and People in Recovery*

*Kundalini Rising*

*Mazes for Kids*

*My Recovery*

In Bringing Heaven Down To Earth, Tzvi Freeman explored an original means to deliver the wisdom of a great sage of our times, Rabbi Menachem M. Schneerson, known universally as simply "the Rebbe." Using pithy yet highly readable, brief meditations, that book unveiled for us a deeper meaning to life and provided practical guidance to weather its waves and

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storms. It is a book that changed tens of thousands of lives. Now, in *Wisdom to Heal the Earth*, Freeman continues with that winning format, this time along with complementary brief essays. But now he takes us yet further, peering toward the Rebbe's vision of a world towards which all humanity is headed, and demonstrating how the details of our everyday lives are vital, crucial, and today especially urgent in reaching that grand and ultimate destiny. In Jewish parlance we call this *Tikun Olam* "€ "the notion that we all enter this world with a mission to accomplish: to repair and perfect our assigned share of the world, so that it can become the world its Creator meant it to be.

This book is a detailed depiction of the "cuts" that people incur or will incur over the course of their lives, and how those

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"cuts" subsequently shape their lives. (Cuts are hurts, experiences, tragedies, and/or various pains incurred). Unfortunately, people will inevitably incur hurts and pains in life, which most are beyond their own control. One simply cannot control what happens to them at the hands of another. People hurt other people. It's not so much the hurt that causes the problem, but more so the effects of the hurt. Oftentimes, people ignore the hurt. They try to live their lives as if the hurt never occurred. Many are oblivious to their deep hurt because they've mastered the art of disguising the pain. The problem ensues when the severely wounded people interact with others, then they subsequently inflict others with the residual hurt that they've been harboring. Because of this, many fail to realize that they've been "cut" and are in need of



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healing. The purpose of this book is to aid in identifying and healing cuts from one's life (including their past, present, or possibly their future), as these cuts will affect one's life in some regard. Oftentimes, people need healing to recover from some trauma or tragedy that they've endured, yet they're too afraid to ask for help. Many internalize their feelings, never properly articulating their mental anguish, ultimately forsaking the need and opportunity to heal. It's the lack of healing that causes people to hurt others or live unhappy lives. This book was written to aid people with identifying their hurt, their need for healing, and ultimately helping them to heal and subsequently live their best lives.

A collection of meditations and prayers for Christian women who are expecting

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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.

Recovery from Anger Addiction

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Spice and Little Sugar

The Highly Acclaimed Method for Liberating Your Inner Self

Exploring the Energy of Awakening

Divine Intervention VI: A Guide To Embracing And Healing

The Inner Child

Discovering the Inner Mother

The First Cut Is the Deepest

*Having a little sister isn't always a picnic. Older sisters may feel jealous of the time taken away from them, the toys they have to share, and the attention focused on the youngest member of their family. Getting along is often a day-to-day battle, but what can parents do to make this*

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*situation easier and to help children realize how special it is to have a sister? In Spice & Little Sugar, the delightful new children's book about sibling rivalry, authors Megan Waldrep and Melissa Nelson show big sisters the big benefits, responsibilities, and absolute joys of their role. Told in a whimsical rhyme that children will love to read aloud, Spice & Little Sugar first humorously relates all the ways Little Sugar gets on Spice's nerves, from grabbing her favorite toys to sticking to her like glue when Spice wants to be left alone. But gradually Spice comes to realize that Little Sugar does have her good points,*

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*including sticking up for her when she gets in trouble with their parents and saving the day with her cute face. Parents will love the warm, gentle lessons the book teaches about understanding how positives can outweigh negatives, and kids will laugh at the playful illustrations and funny story. The perfect book for siblings, Spice & Little Sugar can be read and enjoyed by the whole family, time and time again.*

*This is a gentle and effective workbook and guide to Healing the Child Within. It can be used with or without having already read Healing the Child Within. Using numerous experiential exercises*

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*that the reader can do at their own pace, physician and author Charles Whitfield takes us on a healing journey into our inner and outer life. Once a reader starts this book, the healing process begins -- even if they rarely do any of its exercises. One of the highlights of this book is the clear description of age regression, one of the most crucial concepts in healing and recovery. A guide for adults raised in an alcoholic home draws on the innovative Family Integration System to help alleviate the potential problems caused by alcohol abuse and to enhance the quality of life.*

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*This is an account of one of life's most painful experiences--the sudden death of a child. A mother's anguish compels her to examine beliefs about what comes after death and to explore ancient healing methods in Mexico, Brazil, and Bali. At its core a spiritual odyssey, The Sacred Wound is about creating meaning from life-shattering events--events which can utterly destroy us or serve as a call to extraordinary courage and growth. A life-shattering event is a modern day "sacred wound," a wounding so profound that it pierces the soul and penetrates the veils of who we are and what we think life is*

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*about. Like a mythological hero, we will emerge from the ordeal another person. As the author says, "For three years grief was my consort, it became my teacher." This inspiring and searingly honest book is about more than survival following the death of a loved one; it is about the gift in tragedy's other hand. It is about discovering the truth that love is the central experience of life and not simply mortality, and that this truth can emerge in ways we can never predict or expect*

*Outgrowing the Pain*

*Learn Forgiveness and Acceptance, Get Freedom From Your Past, and Love Yourself to Heal The*



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*Wounded Child Within*

*Healing Developmental Trauma*

*Reclaiming and Healing Your Inner Child*

*A Personal Workbook and Guide to "Healing the  
Child Within"*

*Reclaiming & Championing Your Inner Child*

*Parent Yourself Again: Love Yourself the Way You  
Have Always Wanted to Be Loved*

**Describes how the inner child is denied  
as a result of early trauma and loss,  
and how by recovering it we can heal  
the fear, confusion, and unhappiness of**

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Healing the Wounded Child Within takes you on a journey of self-reflection to help you stop repeating the negative cycles that may be holding you back. By healing wounds from your past, you can free yourself from distractions that prevent you from living the peaceful, productive, and fulfilling life you deserve. Through his own personal findings and failures, Ricky Roberts III has created this guide for healing

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old wounds, to serve as a reminder that we can all free ourselves from prior hurt, struggles, and mistakes. This self-reflective book will take you through exercises and reflections, encouraging you to address hurt from your past, to help cultivate mindsets and practices that will bring out the best in who you are today.

The child is the father of the man. --  
Wordsworth The inner child, that vital but submerged part of the self

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that connects us to both the joy and sadness of our childhood, is a key to our achieving fullest expression as adults. "This child entity," says our editor Jeremiah Abrams, "is the self we truly are and have always been, living within us in the here and now." This volume, a collection of 37 wide-ranging articles, defines and gives concrete reality to the abstract image of the inner child, revealing it to be the unifying symbol of the self, a

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symbol that represents, according to Carl Jung, "the part of the human personality which wants to develop and become whole." The essays from depth psychology, literature, the 12-Step Program perspective, and other disciplines are woven together with Abrams' thoughtful commentary to address the compelling themes the inner child brings to our awareness. Many of the selections address very practical objectives. - Realizing the

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promise of the child within and living out its destiny. - Reclaiming the innocence, playfulness, and wonder of the child in adulthood. - Healing the abandoned or abused inner child and resolving old traumas. - Tapping the child as symbol for our creative energy. - Forgiving our parents. - Developing compassionate awareness to be a better parent. - Completing the diverse unfinished business of childhood.

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Of all the books on the often misunderstood concept of co-dependence, this is probably the clearest, most complete and informative. Charles Whitfield is a frontline clinician who has been assisting co-dependents in their healing for over twenty years. He has researched the literature on co-dependence, which he summarizes in this widely read book. He sees co-dependence as a way to more accurately describe the painful and confusing part of the

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human condition. In careful detail he describes just what co-dependence is and what it is not, how it comes about, and how to heal its painful aftereffects.

A Guide to Healing the Mother Wound and  
Claiming Your Personal Power  
Core Issues in Relationships, Recovery  
and Living

Heal Your Wounds, Change Your Life  
Inner Child Healing  
YOUR INNER CHILD OF THE PAST



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## **Kids Vs. Mazes**

### **Earning My Parents' Love**

*In Homecoming John Bradshaw one of the world's leading figures in the field of psychology and recovery, explains his revolutionary techniques to reveal the inner child. He believes that the wounds we receive during childhood and adolescence can continue to contaminate our adult lives. His methods explained clearly in this book, help people to reach back to the child inside and heal those wound. Homecoming includes unique questionnaires which allow readers to work through*

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*John Bradshaw's world-famous inner child course themselves. There are specifically designed exercises that allow you to reclaim and nurture your inner child, so that you as an adult can grow and move on. 'Three things are striking about inner child work' says John Bradshaw. 'The speed with which people change the depth of that change, and the power and creativity that can result when the wounds from the past are healed For more information on John Bradshaw please visit [www.johnbradshaw.com](http://www.johnbradshaw.com) What makes this story extraordinary is the author*

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*tells it from the perspective of being in the experience as a child. In this book, it is easy to see how childhood experiences often hold adult answers. The reader of this story innocently ends up assessing his or her own upbringing. The story speaks to anyone who has ever had parents. In this story, we realize that sometimes we just have to return to childhood in order to say good-bye. While this book makes us laugh & cry, its true power comes through family redemption! This is a rare work because it is told entirely in the voice of a child who is untiringly trying to earn his parents*

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*love while also trying to grow up. It is a luminous demonstration of family emotions. When childhood is a struggle for survival there is scant energy left for growing up. This book movingly reveals the consequences of that type childhood and offers deliverance. The genesis of the story is the author could not remember his childhood; it was suggested he start writing from his earliest recollection as a way of nurturing childhood memories. When he did, the voice of the child he once was, was passionate & direct. The author grew up in a home of alcoholism, violence, and*

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*dysfunction; yet, had no idea this experience created its own evolving trauma.*

*You have within you a latent energy waiting to transform your life. Known as kundalini, this legendary power is believed to catalyze spiritual evolution. But is kundalini real? And if so, how can we engage this energy to awaken our consciousness? For centuries, the secrets of kundalini have been guarded by masters and buried in esoteric texts around the globe. Kundalini Rising brings together 24 illuminating essays by some of today's most prominent voices to*

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*demystify this mysterious phenomenon. From personal accounts and yogic practices, to brain research and historical perspectives, this compelling anthology weaves together both the mystical and practical perspectives on the rise of kundalini energy to help support your own spiritual discovery. Contributors include: Lawrence Edwards, PhD; Bonnie Greenwell, PhD; Bruce Greyson, MD; Gene Keiffer; Penny Kelly; Gurmukh Kaur Khalsa; Shanti Shanti Kaur Khalsa, PhD; Sat Bir Singh Khalsa, PhD; Gurucharan Singh Khalsa, PhD; Gopi Krishna; Olga Louchakova; David Lukoff, PhD;*

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*Andrew B. Newberg, PhD; Stuart Perrin; John Selby;  
Stuart Sovatsky, PhD; Swami Sivananda Radha;  
Dorothy Walters, PhD; John White; Whitehawk;  
Barbara Harris Whitfield; Charles L. Whitfield, MD;  
and Ken Wilber.*

*Wisdom to Know the Difference. This book  
addresses in detail these common Core Issues in  
Relationships, Recovery and Living, how they come  
about and choices and solutions to use them to  
your advantage, heal and experience peace.  
Needing to be in control Difficulty trusting Difficulty  
being real How to handle feelings Low self-esteem*

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*(shame) Dependence versus Independence Fear of abandonment All-or-none thinking and behaving High tolerance for inappropriate behavior Over-responsibility for others Neglecting my own needs Grieving my ungrieved hurts, losses and traumas Difficulty resolving conflict Difficulty giving and receiving love Based on over 35-years of clinical experience assisting people with addictions, trauma survivors and people with various problems in living, Dr. Whitfield describes how to identify and handle each core issue. Dr. Whitfield lives and practices in Atlanta, GA. He has been voted by his peers, since*



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*1993, as one of the Best Doctors in America, and  
has been a guest researcher and consultant at the  
CDC since 1998.*

*Unlock Creativity and Inner Wisdom Through the  
Right Side of Your Brain*

*Discovery and Recovery for Adult Children,  
Chemical Dependent, Co-dependent and Mistreated  
Or Abused Children and Adults*

*Gifts from the Child Within*

*AFRICAN THEOLOGY/IES: A CONTEMPORARY  
MOSAICAL APPROACH*

*9 Months of Spiritual Preparation for the Woman in*

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*Waiting*

*Discovery and Recovery for Adult Children of  
Dysfunctional Families (Recovery Classics Edition)  
Recovery of Your Inner Child*

Explains how to experience at first hand the portion of one's personality that feels emotions and is playful, and tells how to use this experience for personal healing

First published in 1989 when the plight of children of alcoholics was initially brought to public attention,

Working with Children of Alcoholics remains an essential tool for professionals that specifically addresses the needs of children growing up in alcoholic families. Expanding

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from the original highly successful handbook, the Second Edition incorporates the latest research, including Rubin's pivotal work on transcendent children, Robinson and Rhoden place alcoholism in a larger North American cultural context. They examine the effects of alcoholism in four essential family tasks: creating an identity, setting boundaries, providing for physical needs, and managing the family's emotional climate. Further,

There are times when what a youngster does or says is absolutely baffling to mom or dad. How can 15-year-old Sarah spend hours prepping her hair and not give one second to cleaning her room? Likewise, what's wrong

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with 10-year-old Mark who knows he shouldn't bully his little brother but does so anyway? Certainly parents want answers, and no one is surprised when a parent falls back on interrogating a child or teen with repeated "Why?" or "What were you thinking?" questions. Unfortunately, searching for the reasons children behave as they do by asking the ubiquitous "Why?" is ultimately unsuccessful and, frankly, irrelevant. "I don't know," "Because," or "I wasn't thinking," is the usual child response, resulting in frustrated parents and youngsters who feel embarrassed, stupid or annoyed. Drs. Charles C. Larson and John B. Dockstader, each with more than thirty years of

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experience working with parents and youngsters, advise parents to step back from situations such as those described and offer, instead, techniques for evaluating and solving family problems without needing to know "Why?". The authors counsel parents how to determine if a problem exists, who owns the problem and who is best equipped to solve it. Numerous real-life examples are presented to illustrate the problem-solving process and solutions. In Parenting Without Guilt, parents learn not only to solve family problems, but also why the challenges parents and youngsters face today are more demanding than ever before. In addition, parents are

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guided through each stage of child development, from birth to young adulthood, with attention to typical problems any parent may anticipate. Resources that parents can use to help them resolve family discords are discussed, to include working with educators, clergy, pediatricians, private practitioners and others. With compassion, humor and wisdom gained through practical experience, Drs. Larson and Dockstader offer information and advice that provides any parent with the skills to raise successful children without guilt, anxiety or distress. Brain researchers have in recent years have discovered the vast, untapped potential of the brain's little-used, right

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hemisphere. Art therapist Lucia Capacchione discovered that our nondominant hand is a direct channel to that potential. Her research and fieldwork with people using their "other hand" provides the raw material for this classic, first published in 1988. In workshops and private sessions, Lucia has worked with thousands of people, employing these techniques to help them become more creative, expressive, and intuitive in their day-to-day lives and also experience improved health and greater fulfillment in their relationships. Lucia will show you how to: Channel the deep inner wisdom of your True Self  
Change negative attitudes about yourself Unlock

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creativity Uncover hidden artistic abilities Heal your relationships Through various drawing and writing exercises, Lucia Capacchione hopes you will discover the power that lies hidden in your other hand. The techniques will help you explore and understand your thoughts and feelings on a completely different level and reconnect with a sense of playfulness you may have left behind in childhood.

Boundaries and Relationships

How Early Trauma Affects Self-Regulation, Self-Image,  
and the Capacity for Relationship

Healing from the Death of a Child



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Wisdom to Know the Difference

A Personal Plan for Healing

Lost and Othered Children in Contemporary Cinema

Identifying and Healing "Cuts" That Shape Our Lives

Are you outwardly successful but inwardly do you feel like a big kid? Do you aspire to be a loving parent but all too often "lose it" in hurtful ways? Do you crave intimacy but sometimes wonder if it's worth the struggle? Or are you plagued by constant vague feelings of anxiety or depression? If any of this sounds familiar, you may be experiencing the hidden but damaging effects of a painful

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childhood—carrying within you a “wounded inner child” that is crying out for attention and healing. In this powerful book, John Bradshaw shows how we can learn to nurture that inner child, in essence offering ourselves the good parenting we needed and longed for. Through a step-by-step process of exploring the unfinished business of each developmental stage, we can break away from destructive family rules and roles and free ourselves to live responsibly in the present. Then, says Bradshaw, the healed inner child becomes a source of vitality, enabling us to find new joy and energy in

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living. Homecoming includes a wealth of unique case histories and interactive techniques, including questionnaires, letter-writing to the inner child, guided meditations, and affirmations. Pioneering when introduced, these classic therapies are now being validated by new discoveries in attachment research and neuroscience. No one has ever brought them to a popular audience more effectively and inspiringly than John Bradshaw.

I am an ordinary woman, who lives an ordinary life, in which something extraordinary happened. My story is one of wrong choices, painful loss,

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redemption, and a new spiritual awakening to live once again. I have decided to share my story in hopes it will give other women a voice that have endured child loss and found healing in its journey.

Meditations & Teachings of the Rebbe, Rabbi

Menachem M. Schneerson

A Recovery Workbook

Homecoming

Parenting Without Guilt

The Power of Your Other Hand

The Adult Children of Alcoholics Syndrome

A Book for and About Adults Abused As Children