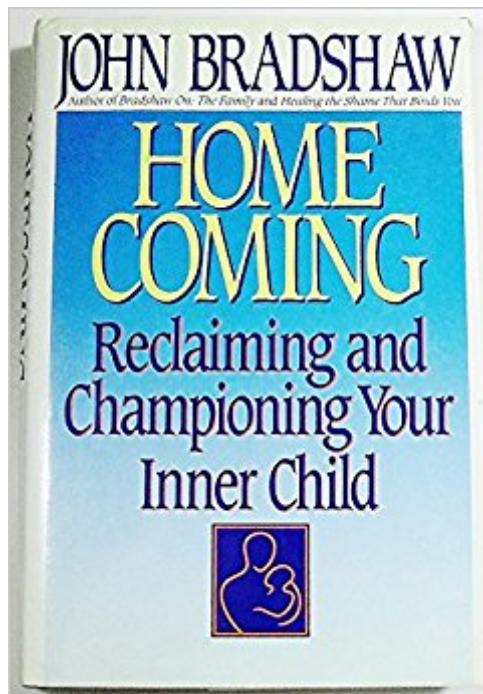


The book was found

Homecoming: Reclaiming And Championing Your Inner Child



Synopsis

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 wounds. Homecoming includes unique questionnaires which allow readers to work through 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 --This text refers to the Audible Audio Edition edition.

Book Information

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Customer Reviews

The 1,000 word limit for this review does not allow enough space to say all that I would say about this book, and more particularly, what it did for me, and could do for you. There really is a Wonder Child in all of us. The more damaged we are, the more opportunity for the magnitude of the emerging of that Wonder Child in reading and embracing this book. For years, in fact all of my adolescent and young adult life, I knew something was not right, I just could not put my finger on it. I wondered why I would "act up" in professional environments and "lose it" just on the edge of success. This book answered all those questions and guided me to restoration of my "self". John brings home the essence of what we need as toddlers and adolescents. He spells it out simply as

Love, Guidance, and Permission along with a few other very fundamental needs of children. He makes it very clear as to the damage caused by emotional and physical abuse, over-protection, under-guidance, abandonment and other acts that parents do not even realise are occurring. The realization of these as issues, and the guidance to work these age-old and often subconsciously buried issues to closure, is the key to ones "self". With all due respect to other reviewers, this is a book that can not simply be read. It must be practiced and lived. Having gone to several seminars and workshops of John Bradshaws', I slowly saw the Wonder Child emerge. Since reading this book and doing the work for a year (don't get me wrong it does not end there) I have gone from 20 years as a white collar worker in my career, being constrained by dysfunctions, to a top consultant in my field. Only because of this book and the discoveries that it led me to in order to free my "self".

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