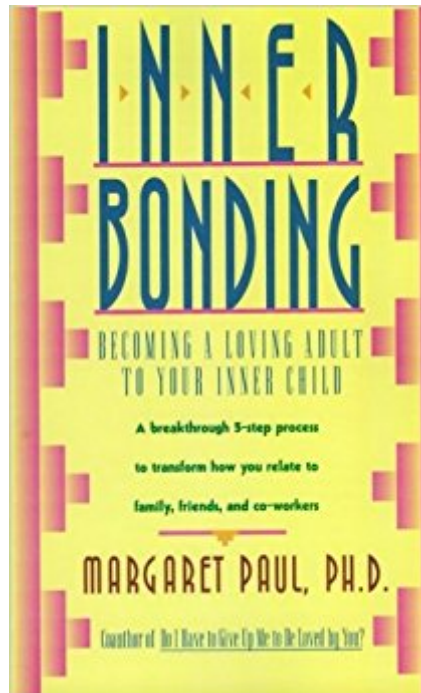


The book was found

Inner Bonding: Becoming A Loving Adult To Your Inner Child



Synopsis

Inner bonding is the process of connecting our adult thoughts with our instinctual, gut feelingsâ "the feelings of the "inner child"â "so that we can minimize painful conflict within ourselves. Free of inner conflict, we feel peaceful, open to joy, and open to giving and receiving love. Margaret Paul, coauthor of *Healing Your Aloneness*, explores how abandonment of the inner child leads to increasingly negative and destructive feelings of low self-worth, codependence, addiction, shame, powerlessness, and withdrawal from relationships. Her breakthrough inner bonding process teaches us to heal past wounds through reparenting and clearly demonstrates how we can learn to parent in the present. Real-life examples illustrate the dynamics of the healing process and show the benefits we can expect in every facet of our lives and in all our relationships. *Inner Bonding* provides the tools we need to forge and maintain the inner unity that makes our family, sexual, work, and social relationships productive, honest, and joyful.

Book Information

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Customer Reviews

I have to say from the outset that I used to think the whole "inner child" thing was a bunch of psychobabble nonsense. Then, I was confronted with some issues in my life that proved me wrong. As is my wont, I immediately began to research "inner child work" and to do some. This book was the most helpful of all that I read. The author talks about the importance of integrating the "child" inside all of us with the "adult" -- bringing the emotional side of our lives into contact with the rational side. I can honestly say that following this author's suggestions has had a huge, positive impact on my life.

A great exploration for healing yourself through your own soul. An honest look at how we've abandon that inner voice inside that speaks to us on a daily basis and tells us what we need. The voice that tells us when we are inflicting pain and damage upon it and ourselves. We can actually take our wounds and heal ourselves by becoming a parent to ourselves and protecting that inner "child" or voice. An amazing process of discovering that you are not alone and learning how to love yourself and your child unlike anything ever felt before. Helps the reader understand that only we ourselves are able to take full responsibility for healing the pain that has occurred in our lives. The book also gives great exercises on how to heal pain from the past caused by others, without even involving the person who may or may not be in the persons life. A great way to heal the scars left behind and take control of your own life. No more blaming the world for what we have to go through. We can heal ourselves and that is a very powerful concept. Helps enrich not only your life, but everyone around you.

As both a clinical therapist, and a person searching for continued growth-I found this book easy to read, insightful and applicable to real life situations. I read a lot of books, and this was one of the better ones.

A very balanced view for working with our inner child so that we can take responsibility for where we are in the present and where we want to be in the future. It does not focus on the "poor baby" syndrome and assign blame to others. It helps to identify reasons why we are where we are, but then strongly encourages self responsibility. An excellent book for anyone wanting to grow and take charge of their own life!

All of Margaret Paul's work is amazing, but this book the probably the best place to start learning about the Inner Bonding process. I was skeptical at first, but in a lot of pain, so i invested in all of Dr Paul's books, a membership to her website (which is fabulous!) and sessions with a trained Inner Bonding facilitator. Six months later I was happier, felt freer, more loving and less concerned with what others think or say. I am much more emotionally intelligent and much more in touch with my feelings, but less inclined to take personally the feelings of other people. I recommend this book to anyone who could have a more loving relationship with themselves, in other words, everybody!

This is a sequel to Healing Your Aloneness. It really could have been added onto the first book and

re-published that way. It is very helpful to learn about the inner child dialogue process between the adult and child inside your head. There are many more helpful diagrams in this book than there was in the first book. This book is not just a review of the first book, it is much more than that. It in many ways explains the concept more clearly, with stronger (if lesser) examples. This book is written loudly and clearly, whereas the first book had some ideas that weren't explained as well as they are in this one. This book is for those who want to do serious work on themselves, for those in recovery from addictions, from codependency, from addictive relationships, overeating etc. But it is also for anyone who, as the previous book's title states, is lonely and doesn't know why. Inner Bonding is the solution to loneliness because it teaches me to be there for myself. This book is also spiritual, in that it reaches down to a deep level and transforms my life, daily. It teaches an inner habit. Truly an amazing habit and practice. I should warn you that God is mentioned in this book as part of this process that is needed. If you read the first book, a 'higher power' is mentioned in that book. It is helpful to believe in some sort of higher intelligence to do this process, and one does not have to actually believe in God for it.

This is an enjoyable, probably harmless book that may help some readers deal with their feelings in gentler, more compassionate ways. It is based on the psychological theory of parts, meaning that feelings are conceptualized as a "child" and thoughts are conceptualized as an "adult." The author contends people feel best when their adult is thinking and acting in supportive ways to their child. Well and good. Dr. Paul's current web site, essentially renounces the above. Somewhere between the publication of this book and now, Dr. Paul has "gotten religion." The pop psychology is now overlain with a heavy helping of new age "spirituality". Dr. Paul now believes that it is only through the intervention of "Spirit" that our "programmed and limited" minds can comprehend Love or the Truth. She pushes this concept with the fervor of the newly converted. This, despite the fact that there are no published studies in reputable journals that show the effectiveness of her therapy. There are actually no places on the internet to discuss the current incarnation of Inner Bonding (patented). Dr. Paul meticulously removes all critical comments from her youtube video postings and keeps her facebook page well scrubbed from all but the most glowing comments. Time and time again on her Inner Bonding website Dr. Paul states that there is only one way to reach psychological happiness. . . and that is through the divine intervention of "Spirit." Needless to say, this profoundly intolerant approach to healing will most likely generate a lot of inner turmoil among readers who do not share this religious framework. By the way, Dr. Paul contends over and over again she is not religious. . . she is "Spiritual." However, her ideas about the necessity for spiritual

salvation are straight out of religious texts.

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