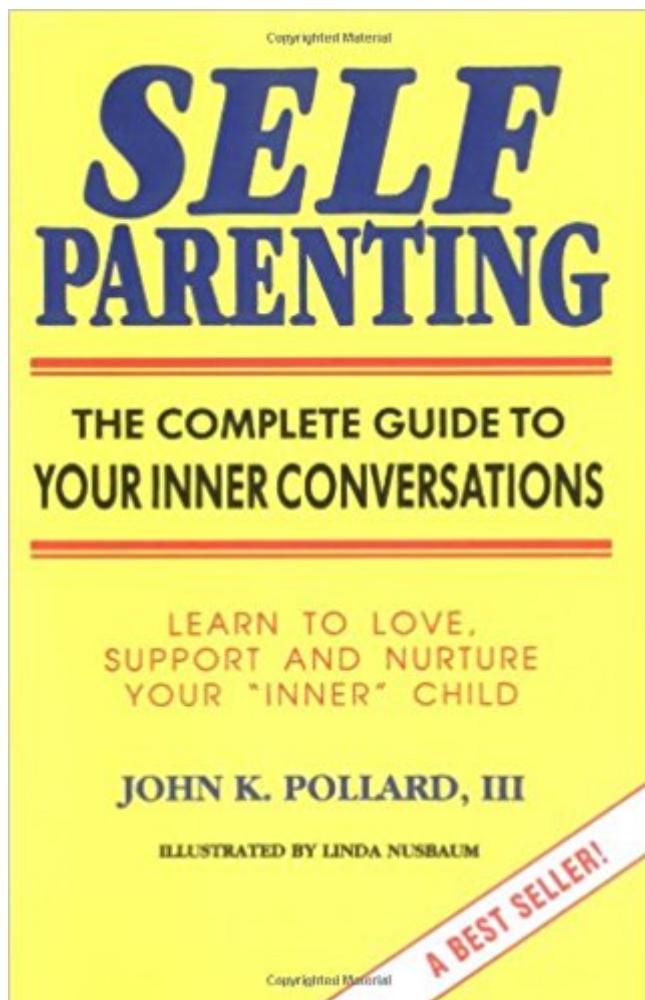


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# Self Parenting: The Complete Guide To Your Inner Conversations



## Synopsis

SELF-PARENTING: The Complete Guide to Your Inner Conversations is the classic and original how-to book defining the concept of "self-parenting." Many of us grew up within a parental environment that did not support our childhood needs for love, support, and nurturing. As adults, we mentally continue the same patterns as an "Inner Parent" that left us feeling alone and abandoned as a child. By beginning the daily practice of positive Self-Parenting, the negative outer parenting patterns taught as a child (and subsequently internalized as an adult) can be recognized and reversed. The foundation of the SELF-PARENTING is the daily practice of the Self-Parenting Exercises, a thirty-minute session of cognitive interaction between the Inner Parent and Inner Child. During these daily half-hour sessions illustrated in the book, the reader learns how to love, support, and nurture his or her Inner Child as well as increase their awareness of the profound implications of their Inner Conversations in the "real world."

## Book Information

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Average Customer Review: 4.6 out of 5 stars See all reviews (32 customer reviews)

Best Sellers Rank: #151,821 in Books (See Top 100 in Books) #23 in Books > Self-Help > Inner Child #1292 in Books > Health, Fitness & Dieting > Mental Health > Happiness

## Customer Reviews

An easy-to-read, delightfully simple book with a life-altering message presented in a format that speaks to the logical and the intuitive / emotional parts of the brain at the same time. The techniques in this book not only work in relationships with inner selves, they work with other people as well. Winning -- really winning -- involves finding win-win solutions to conflict. And this book teaches how to do just that. I've bought, given away, loaned, and recommended this book to many friends. It is especially helpful to people who were raised by less-than-nurturing (e.g. alcoholic) parents. While there are other books on this subject (I have Charles Whitfield's also), I haven't found a more effective book in teaching how to resolve the pain of inner conflict than Self Parenting by

John K. Pollard. I hope this book goes back into print. In the meantime, I'm ordering three copies.

I have been using this book with my clients for more than seven years. I am so disappointed that it is out of print. It is a positive life experience when practicing self-parenting--going from negative inner parenting talk (e.g., "you're stupid", "life is a bummer", "you'll never get what you want", etc.) to having the loving/nurturing parent listen to the inner child and allowing him/her to be heard (e.g., "I want you to succeed because you are worth it--what do you want to do to make that happen? The child responds "I want to go to school to make myself the best I can be". The parent agrees, the child goes to school and everyone wins!!). It is a very simple concept and a very powerful tool from changing folks shame based existence into love, kindness and success. I would recommend Self-Parenting to anyone who has grown up in guilt, fear, shame and rage.

The information provided in Self-Parenting was written with great clarity, which makes this book easy to understand and use. The ideas conveyed here were also done with love and nurturing. Both my inner child and I LOVED the whimsy of the illustrations and large print. It's a very well-written book and a great tool. I've used this technique in the past and found it very helpful. I expect to get back to it in the near future.

I have read many books that discuss the benefits of developing a relationship with your Inner Child. This book offers you an actual method that you can put to use every day for doing just that. I have been using Dr. Pollard's technique of thirty minute sessions every day for nearly two years and have found it to be a very rewarding adventure. I promise you that it has changed my life in many ways. A great book and a very practical methodology for getting to know and understand and "listen to" your inner child.

After fifteen years of research and practice of many body, mind and spiritual techniques I have to say that the only technique that has ever really worked for me to give me what it promises and more is Self-Parenting. If only anybody could give themselves the opportunity to try it the whole world would change for them. When I first started daily Self Parenting sessions I felt (as the Inner Parent) that it was like a duty for me, something that I "had to" do for my Inner Child. Now, after one year I feel the joy of doing this "as the Inner Parent" and enjoy the sessions more than anything else in my life. It's incredible!

I have been through therapy and 12-Step work, but the eight months I have been practicing Self-Parenting (S/P) has been more beneficial to me than YEARS of therapy. Using S/P with something else I learned after therapy and 12-Step, The Sedona Method, has finally given me the inner peace I have sought for years. I have been doing a 30-minute S/P session daily since February 2008 and definitely plan to keep doing it - it is now a habit. That 30 minutes in the morning really puts me in touch with MYSELF. Also, it seems to me that all of my outer relationships have gotten better (without any conscious effort on my part) JUST BECAUSE I HAVE BEEN USING S/P. I am much calmer. I am more present (in the moment). I have more empathy for others. I am less triggered, but when something triggers me I EASILY figure out what the problem is. One other benefit to using The Self Parenting Program is that I have finally learned how to identify my own needs and how to meet them. Taking responsibility for figuring out my own needs and meeting them has given me so much 'ENERGY!' My 'outer' life hasn't changed much since I started using S/P (same home, same relationships, same job) but my 'inner' life is so different. For the first time in my life I am truly happy. In Self-Parenting, Dr. John Pollard III presents the reader with a simple method to learn more about themselves. As they learn more about themselves, they will find themselves and their lives transformed from the inside out.

Most books like this tell you to love your inner child, but don't tell you how to go about it, or the exercises are long and involved. This book is written in a light and humorous way so is easy to read in a short time. The exercises really work and are easy to do. This book changed my life, and if you read it and do the exercises, I can practically guarantee it will change your life for the better.

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