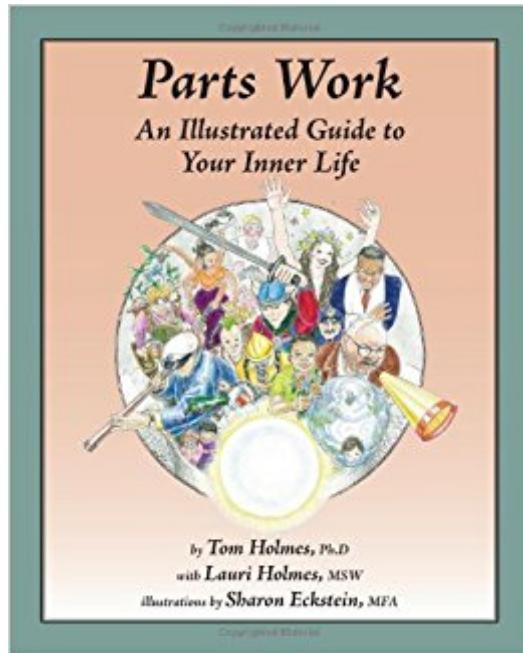


The book was found

Parts Work: An Illustrated Guide To Your Inner Life



Synopsis

The book, Parts Work, describes our inner psychological world with drawings which are moving, thought-provoking, sometimes humorous and often poignant. The book shows how we can disentangle ourselves from the problematic habitual patterns in which we get stuck, and offers ways of positively using our particular talents and style for a fuller life. Through practical examples as well as clinical illustrations, the book helps us to understand ourselves and others better.

Book Information

Paperback: 132 pages

Publisher: Winged Heart Press; 2nd edition (October 4, 2007)

Language: English

ISBN-10: 0979889707

ISBN-13: 978-0979889707

Product Dimensions: 9.9 x 7.9 x 0.4 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (34 customer reviews)

Best Sellers Rank: #116,257 in Books (See Top 100 in Books) #19 inÂ Books > Self-Help > Inner Child #17332 inÂ Books > Health, Fitness & Dieting

Customer Reviews

This wonderfully illustrated guide is very helpful for lay people and all seeking to understand one's inner life, as well as a help for therapists and their clients. The illustrations touch a universal understanding of each part of our inner world and how it impacts our outer world. The explanations and vignettes that accompany the illustrations allow the reader to easily comprehend the psychology model of parts work as defined by Internal Family Systems(created by Dr. Richard Schwartz). The book allows us to deeply understand, laugh, make personal connections and give us practical tools. I loved it and keep reading it over and over.

This book was recommended to me after I had expressed interest in the Internal Family System work. It is indeed really worthwhile to read and reread it, because it contains so much information presented in an easily understandable way. The one quibble I have with this book compared to Jay Earley's Self-therapy is that Holmes keeps repeating that it is difficult and/or impossible to work on your own with this system while Earley obviously takes the position that it is very well possible to do this work on your own or with a buddy, not necessarily with an IFS therapist if the situation isn't too

dramatic. Personally I am not really fond of Sharon Eckstein's drawing style, but the illustrations support the text in a wonderful way nevertheless. Reading Holmes and Earley both together gave me an even broader introduction to this wonderful parts work. It is my intention to keep studying in this direction.

This type of therapeutic approach to having a balanced mind seems a bit ridiculous when you first read about it. I felt a bit silly "talking" to my parts but having a mental conversation with the aspects of our personality (our "parts") during times of stress, or even when we are contemplating our life choices or making professional decisions really helps clarify and balance the whole thought process. Techniques are easily implemented into daily cognitive approaches and practice.

This book is a must have for self-help readers, psychotherapists, clients, spiritual seekers, and healers. Not only is this the best introduction to the IFS model of anything I have read, Parts Work takes complex psychological theory and makes it accessible to a very wide audience. The illustrations bring the inner world of changing thoughts and feelings to life in a universal way. It is a wonderful tool for helping readers build self-awareness, self-understanding, self-acceptance, and potentially self-regulation. I use this book with both clients and yoga students. I've had over 50 Yoga Teacher Training Graduates choose to write a book report on this book. The epiphanies people have about their own behaviors and beliefs never ceases to amaze me. I've been thanked 100 times over for introducing people to this book. From what I understand, Parts Work has been translated into German and is currently being translated into Korean. It's a true testament that the teachings within transcend even cultural identity.

I was thrilled to find this book! I am a client of an Internal Family Systems therapist & have found the IFS model extremely helpful. I have also found that client oriented books are very difficult to find. In fact, they are beyond difficult -- I have not found one yet. I had read 'Internal Family Systems Therapy' by Richard Schwartz, but had found it not very helpful for me, as it was written for the therapist, not the client. I am interested in DOING the work, not guiding it. When I found this book, I was hopeful of actually delving into what the title tantalizingly promised -- "Parts Work". I found the pictures to be too cute & distracting, and the concepts too simplistic. I would not call it a "Guide", I would call it a very basic introduction to IFS. And I am not sure I would recommend this book as an introduction because I found it somehow misleading. It may well be that it just isn't my style, and isn't what I had wanted ... but it sure didn't help my work in IFS.

I have shared this book with my clients and they have reported that they have benefited significantly from this information. As a psychotherapist, I have also greatly benefited from the concise and whimsical way that it is presented. Thank you!Cheryl Rubin, LCSW

Fascinating & well written account of Parts Theory. Book had been recommended by a friend who was digesting it, page by page. I was not disappointed. The exercises are particularly helpful in integrating the concepts. And - it's well-priced.

I have been doing Parts Work for about a year now. This book makes the work easier to understand. The illustrations bring the Parts to life and solidify what I've experienced so far. Parts Work is amazing and has helped me in a way no other type of therapy could.

[Download to continue reading...](#)

Parts Work: An Illustrated Guide to Your Inner Life Recovery of Your Inner Child: The Highly Acclaimed Method for Liberating Your Inner Self Inner Bonding: Becoming a Loving Adult to Your Inner Child JavaScript: The Good Parts: The Good Parts Carmen: Chorus Parts (French, English Language Edition), Chorus Parts (Kalmus Edition) (French Edition) The Barber of Seville: Chorus Parts (Italian, English Language Edition), Chorus Parts (Kalmus Edition) (Italian Edition) H.M.S. Pinafore: Chorus Parts (English Language Edition), Chorus Parts (Kalmus Edition) Sonatas da Camera a Tre, Op. 1, Vol 1: Nos. 1-6 Score & Parts (with Piano), Score & Parts (Kalmus Edition) Inner Peace: Stepping into Serenity to Find Peace of Mind (Inner Peace and Happiness, Peace of Mind Book 1) Codependency Recovery: Wounded Souls Dancing in The Light: Book 1: Empowerment, Freedom, and Inner Peace through Inner Child Healing Motivate Your Child: How to Release Your Child's Inner Drive and Help Them Succeed in Life: A Parents Guide to Raising Kids, Inspire them, Student Success ... Engaged) (Life Psychology Series Book 1) Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Destiny at Your Fingertips: Discover the Inner Purpose of Your Life & What It Takes to Live It The Inner Game of Work: Focus, Learning, Pleasure, and Mobility in the Workplace Korea: An Illustrated History from Ancient Times to 1945 (Illustrated Histories) (Illustrated Histories (Hippocrene)) Faust (Translated, Illustrated): Parts I & II Zen: Zen For Beginners - The Ultimate Guide To Incorporating Zen Into Your Life - A Zen Buddhism Approach To Happiness And

Inner Peace Unleash Your Inner Diabetes Dominator: How to Use Your Powers of Choice, Self-Love, and Community to Completely Change Your Relationship with Diabetes for the Better
Committed to Wellness, Fitness and a Healthy Lifestyle: How to Unleash Your Inner Motivation, Change Your Mindset and Transform Your Body Fast!

[Dmca](#)