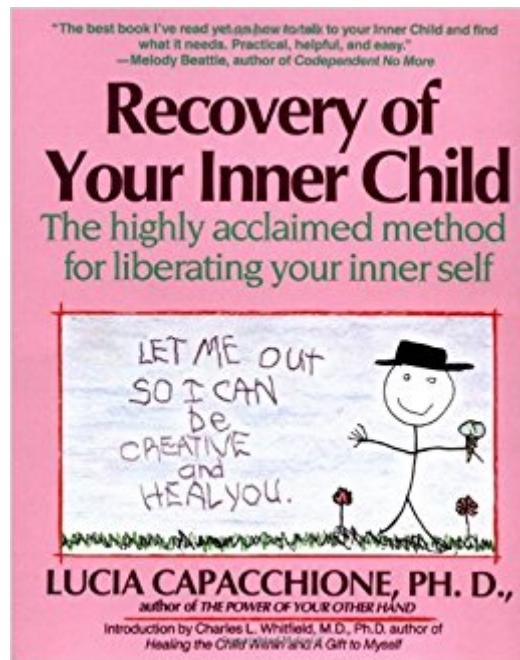


The book was found

Recovery Of Your Inner Child: The Highly Acclaimed Method For Liberating Your Inner Self



Synopsis

The Inner Child lives within all of us, it's the part of us that feels emotions and is playful intuitive and creative. Usually hidden under our grown-up personas, the Inner Child holds the key to intimacy in relationships physical and emotional well-being, recovery from addictions, and the creativity and wisdom of our inner selves. Recovery of Your Inner Child is the only book that shows you how to have a firsthand experience of your Inner Child -- actually feeling its emotions and recapturing its sense of wonder -- by writing and drawing with your non-dominant hand. Expanding on the highly acclaimed technique introduced in The Power of Your Other Hand, here Dr. Capacchione shares scores of hands-on activities that will help you to embrace your Vulnerable Child and your Angry Child, find the Nurturing Parent within, and finally discover the Creative and Magical Child that can heal your life.

Book Information

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Customer Reviews

In response to other reviews here, I would agree that the emotions which can come up under the aegis of these methods might be too intense for readers with absolutely no grounding in self examination at all. People who need therapy first and foremost will not get therapy just by reading this - or any other book - and they should get a good referral and go do that. But those who are indeed ready, willing and able to undertake their own self examination will find so much that is useful and eye opening here, it seems a shame to dissuade anyone from working with this book and these methods. Therapists and their clients should welcome this as an opportunity to dive more deeply, quickly and thoroughly into the healing process. Capacchione's work is really brilliant. I have

previously worked with her Visioning book and really love that and have reviewed it as well. It can be said perhaps that just as that book shows us how to look to our future, the Inner Child work developed here shows us how to understand our past. Under careful guidance, the reader is walked through and encouraged to interact with an array of internal figures who compete to shape our reality, whether we realize it or not. The reader gets an opportunity to examine past patterns and see how this is related to conflicting internal needs for support, protection, vulnerability, self expression, survival and so on. The reader then re-directs this internal pantheon to a more harmonious, healing and supportive dynamic, allowing one to release old material and perhaps to discern with fresh eyes how such old patterns may be playing out in the present.

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