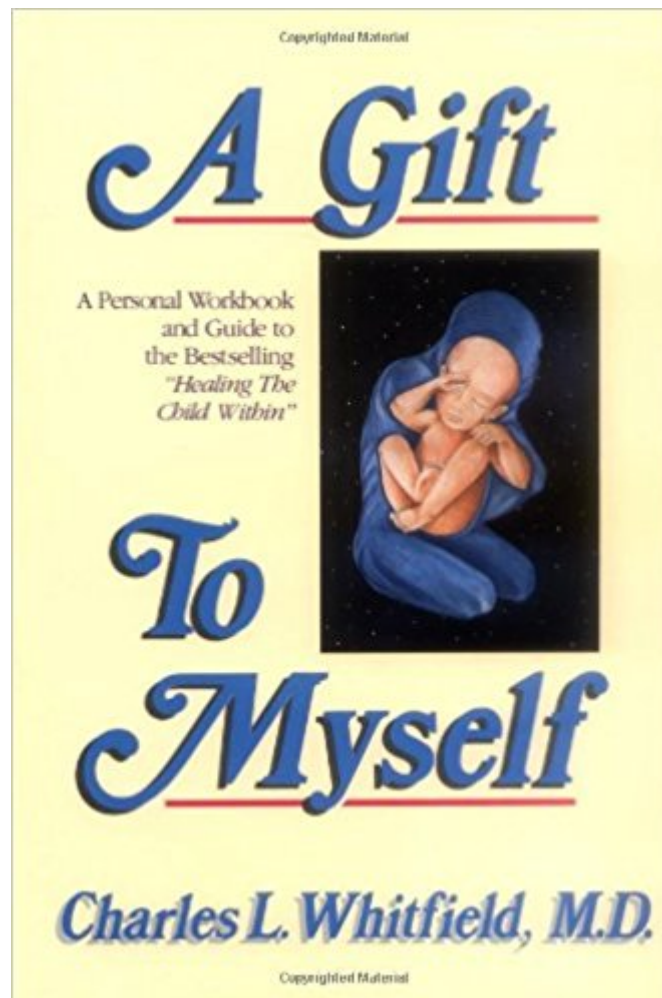




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# A Gift To Myself: A Personal Workbook And Guide To "Healing The Child Within"



## Synopsis

This is a gentle and effective workbook and guide to Healing the Child Within. It can be used with or without having already read Healing the Child Within. Using numerous experiential exercises that the reader can do at their own pace, physician and author Charles Whitfield takes us on a healing journey into our inner and outer life. Once a reader starts this book, the healing process begins -- even if they rarely do any of its exercises. One of the highlights of this book is the clear description of age regression, one of the most crucial concepts in healing and recovery.

## Book Information

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## Customer Reviews

Charles L. Whitfield, M.D., is a physician, psychotherapist, and internationally recognized expert on mental illness, behavioral problems, and recovery. He has been on the faculty of the Rutgers University Summer Institute of Alcohol and Drug Studies since 1978, and in private practice of medicine and psychotherapy since 1976. He has been voted by his peers as one of the Best Doctors in America every year since 1994. He lives in Atlanta, GA

Suggested by my new therapist. As he put it, "Don't judge a book by its cover could not be accurate about this book." I've had homework before from therapists, but this is deep. This requires the kind of introspection that really will promote healthy emotional living. I highly recommend for those who are willing to really see into their own psyches and issues in order to make meaningful changes.

I, as usual, had looked for a quick fix, meaning I bought the workbook without the original book (or

ever having read it). Years ago I was skeptical about this "weird" child within stuff. Now I am convinced it is the key to my happiness & recovery that I start listening & paying attention! I have finished the 1st 2 chapters & I must say I learned more in those 2 chapters of this ONE workbook than in all other workbooks I've already completed! And I just started!!! Within the 1st 2 chapters you'll be amazed at how much your life is ruled by FEAR! Of everything! I was amazed at how much I "knew" but didn't KNOW until I was asked directly--then bing! Lights went on & my jaw dropped. No wonder I'm making myself miserable!!!! am a bit disappointed that the author recommends stretching this book out over 18 MONTHS, or even 5 years! Yikes! I can't wait that long to feel good about me. :( I'll work it quicker because I've been through 12 step programs, therapy, support groups, even earned a Bachelors in Psychology trying to fix myself & my family--or understand it all. None of that helped as much as those 1st two chapters of this book--so far! It will take me weeks just to journal what the author brought up from within my depths, previously UN-touched by therapy, psyche degree, AA & Alanon--then I can hopefully go on to chapter 3...He's right, this may take awhile & I AM WORTH IT, as are YOU. Still, I put it down mainly to order the original book, Healing the Child Within, so I can read it before picking the workbook up again. I suggest you get the original book first. The best part is, my husband & I were facing separation & divorce (I devoured "Should I Stay or Should I Go; How Controlled Separation can Save Your Marriage" that's how close we are)--now he wants his OWN workbook! He's finally willing to face his past which was crippling us as much as my past was making me try to fix him while ignoring my own issues. I have been diagnosed several times starting at age 12, with PTSD from the severe traumatic child abuse, torture, sexual violence (the rapes started at age 4 & the last one was 2 years ago, I'm 37), it's a very sad story but real & my mistake was thinking I could heal all of that on one round of therapy a few years ago. I hated finding myself right back here again, still sick & hurting (literally ill with so many diseases, pain disorders & such I lost count), still in crappy relationships that abuse and hurt me while I keep trying to take control & responsibility for everyone else--but me. After only 2 chapters I know this book is where I need to be (and wish I'd found years ago!) and if it takes a little time, the journey is well worth it with such a worthy companion as this set of books. BTW, I'm still trying to find LIVE support for this, they have AA and Alanon, which I don't fit, and I can't find CoDa or ACOA anywhere in southern Maine (if in Maine at all). I know from experience it takes more than working in isolation to heal the open wounds this book will deal with. Feel free to email me if you too are on that journey, maybe we could start one of our own. :) Many paths, same journey.

Currently working through this after a house fire took away everything I had. Including pets.

Devastating. The fire was a catalyst to bring a lot up that needed healing. This book comforts and guides your inner child through a healing journey. Be aware that as soon as you begin this journey, stuff comes up and it's all okay. A great gift to yourself.

The Best Book I have read, studied and used on the subject of Adult Children. It stands alone with its very clear and illustrated Teaching. Any books by this author are A+. Highly recommend! I am a Social Worker by trade.

I was looking for a book to know myself and keep on learning. A gift to myself is a book full of exercises to do personally. If you truly do all of them you can achieve a lot of fulfilling work, understand your doubts, watch for your fears and see yourself as a beautiful human being. The book is very practical, direct and easy to read. I recommend it to people who want to really find "their child within", or else "find themselves".

Helped me work thru my past and present issues saved my life

I can see that I have lots of work to do. Excellent accompaniment to Healing the Child Within. Now, to go back through it and begin the processes.

I recently purchased "A gift to myself" and I'm a new person!

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A Gift to Myself: A Personal Workbook and Guide to "Healing the Child Within" Grow the F\*ck Up - White Elephant & Yankee Swap gift, gag gift for men, birthday gift for him, novelty book, Secret Santa exchange, teenage & young adult how-to, high school & college graduation gift I Can Draw It Myself, By Me, Myself (Classic Seuss) Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (Recovery Classics Edition) Winning Personal Injury Cases: A Personal Injury Lawyer's Guide to Compensation in Personal Injury Litigation ACE Personal Trainer Flash Cards: ACE Personal Training Test Prep with 300+ Flash Cards for the American Council on Exercise Certified Personal Trainer Exam Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism Minecraft Seeds: Top 25 Seeds for Minecraft 1.10 - Unofficial Guide Featuring Seeds You Must Try Out For Yourself ( sorted into 5 categories with a bonus gift inside ) - GREAT CHRISTMAS GIFT The Wounded Heart Workbook: A

Companion Workbook for Personal or Group Use Variety Adult Coloring Book The Ultimate Gift Collection: Over 160 Immersive Designs of Butterflies | Flowers | Mandalas | Owls | Horses | Birds | ... and Special Occasion Gift) (Volume 1) Heavenly Visions: Shaker Gift Drawings And Gift Songs Gift Wrap Book Vol. 72 - Natural History (Gift & Creative Paper Books) (English, Spanish, French and German Edition) Gift Wrap Book Vol. 76 Russian Constructivism (Gift & Creative Paper Books) (English, Spanish, French, Italian and German Edition) Gift Basket Design Book: Everything You Need To Know To Create Beautiful, Professional-Looking Gift Baskets For All Occasions Music Journal Music is What Feelings Sound Like: Lined Music Teacher Notebook, Appreciation Gift Quote Journal or Diary ~ Unique Inspirational Gift ... You, End of Year, Retirement or Gratitude Dance Teachers Touch Hearts One Step at a Time: Lined Teacher Notebook, Appreciation Gift Quote Journal or Diary ~ Unique Inspirational Gift for ... You, End of Year, Retirement or Gratitude Point Your Toes & Dance Bullet Journal: Dot Grid Notebook, Dancers, Dance Teachers Recital Gift Quote Journal or Diary ~ Unique Inspirational Gift for ... You, End of Year, Retirement or Gratitude Music Teachers Touch Hearts One Note at a Time: Lined Music Teacher Notebook, Appreciation Gift Quote Journal or Diary ~ Unique Inspirational Gift for ... You, End of Year, Retirement or Gratitude Dance Everyday Bullet Journal: Dot Grid Dancer, Dance Teacher Notebook, Appreciation Gift Quote Journal or Diary ~ Unique Inspirational Gift for ... You, End of Year, Retirement or Gratitude

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