

## HEALING THE CHILD WITHIN



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Healing the Child Within has many great points regarding the origin of emotional pain that stems from childhood but stays with you as a grown up creeping in to your subconscious and affecting vital decisions you make in your own relationships with the people closest to you. I truly wish that I had access to enlightening information when I was raising my two children in the 70s, 80s and through the mid 90s.

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### **Healing the Child Within Discovery and Recovery for Adult**

Healing the Child Within describes how the inner child is lost to trauma and loss, and how by recovering Well, this is the classic book that started it all. In 1987, Charlie Whitfield's breakthrough concept of the child within--that part of us which is truly alive, energetic, creative and fulfilled--launched the inner child movement.

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In 1987, Charlie Whitfield's breakthrough concept of the child within that part of us which is truly alive, energetic, creative and fulfilled launched the inner child movement. Healing the Child Within describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion and unhappiness of adult life.

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### **Healing the Child Within with Charles Whitfield**

Charles Whitfield, MD, is a board certified internist who transitioned into psychiatry. He is author of the best-selling book, Healing the Child Within.

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### **Book Club Notes on Healing the Child Within Thrive**

Notes on Healing the Child Within by Charles Whitfield M.D. (Here is a link to Healing the Child Within on Amazon if you are interested in reading the reviews and learning more about it.

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