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Inner Child Healing Techniques Book Content

"The feeling of wanting to die, of not wanting to be here, is the most overwhelming, most familiar feeling in my emotional inner landscape. Until I started doing my inner child healing I believed that who I really was at the deepest, truest part of my being, was that person who wanted to die. I thought that was the true 'me'.

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Reconciliation Healing the Inner Child Google Books

Reconciliation focuses on mindful awareness of our emotions and offers concrete practices to restore damaged relationships through meditations and exercises to help acknowledge and transform the hurt that many of us may have experienced as children. Reconciliation shows how anger, sadness, and fear can become joy and tranquility by learning to breathe with, explore, meditate, and speak about our strong emotions.

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Homecoming Reclaiming and Healing Your Inner Child

Upon recommendation, I've read this book and found that about 90 percent of us need to read it. It focuses on exactly what the title says, reclaiming and rebuilding your inner child. Before reading this book I thought inner child work was a bunch of bull. This book has completely changed my mind and is changing my heart.

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Buy Reconciliation: Healing the Inner Child Original by Thich Nhat Hanh (ISBN: 8601404557224) from Amazon's Book Store. Everyday low prices and free

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Healing the Child Within Mindful

Healing this inner child s pain will transform negative emotions. Healing the Child Within. Nhat Hanh s books include Being Peace.

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