



Living Whole: A Guide Book For Your Inner Child

Linda Newlin

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Living Whole is a colorful inner journey for you to reclaim your wholeness and rediscover who you truly are so you can share your unique contribution that only you can give to the world! Your inner child will love to read, explore, draw, learn and practice healthy life skills including: validation, naming feelings, boundary setting, resilience, compassion and forgiveness, visioning, health, non-violent communication and more... Find your purpose and meaning for your unique life. "I gave your book to my daughter. She cradled it and touched all the pages like it was a friend that she wanted to spend time with. I just watched her. She loved it - the artwork, the feel of the pages, the words, the type, the questions. All of it. So I'm going to buy Living Whole for ME now." - Mom of a 13 year old "Profound and passionate, this is one of those rare books with the power to touch anyone. Its overarching and healing message is that validating your unique self will allow you to live a life of connection, creativity, wholeness and joy. Thank you for creating this gift for the world." This book was born out of the parents who read Growing Up Whole: A Child's Guide Book. This adult Guide Book has been modified for you as you explore the reason why you were born. You have gifts that only you can give to the world. There is a Teen's Guide Book as well for those you love who are navigating adolescents. There are companion validation journals called Being Whole: A Validation Journal to practice self validation and naming feelings.

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