



Homecoming: Reclaiming and Championing Your Inner Child

John Bradshaw

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Are you outwardly successful but inwardly do you feel like a big kid? Do you aspire to be a loving parent but all too often “lose it” in hurtful ways? Do you crave intimacy but sometimes wonder if it’s worth the struggle? Or are you plagued by constant vague feelings of anxiety or depression?

If any of this sounds familiar, you may be experiencing the hidden but damaging effects of a painful childhood—carrying within you a “wounded inner child” that is crying out for attention and healing.

In this powerful book, John Bradshaw shows how we can learn to nurture that inner child, in essence offering ourselves the good parenting we needed and longed for. Through a step-by-step process of exploring the unfinished business of each developmental stage, we can break away from destructive family rules and roles and free ourselves to live responsibly in the present. Then, says Bradshaw, the healed inner child becomes a source of vitality, enabling us to find new joy and energy in living.

Homecoming includes a wealth of unique case histories and interactive techniques, including questionnaires, letter-writing to the inner child, guided meditations, and affirmations. Pioneering when introduced, these classic therapies are now being validated by new discoveries in attachment research and neuroscience. No one has ever brought them to a popular audience more effectively and inspiringly than John Bradshaw.

From the Trade Paperback edition.

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Spent a free the perfect time to be fun activity to try and do! A lot of people spent their down time with their family, or their particular friends. Usually they performing activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could possibly be reading a book could be option to fill your free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the reserve untitled Homecoming: Reclaiming and Championing Your Inner Child can be very good book to read. May be it could be best activity to you.

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