

Homecoming Reclaiming And Championing Your Inner Child John Bradshaw

Reclaim Your HeartThe Quest - Study JournalA Gift to MyselfRecovery of Your Inner ChildHomecomingTrances People LivePost-Romantic Stress DisorderFamily SecretsHealing the Child WithinHomecomingHomecomingHomecomingReclaiming VirtueReclaiming the Inner ChildA Return to LoveThe Rest of the GospelSelf-ParentingThe Wizard of Oz and Other NarcissistsSelf Improvement: The Top 101 Experts Who Help Us Improve Our LivesDiscover Your Unknown Inner SelfWhatever Arises, Love ThatThe Dark Side of the Inner ChildThe Couple's Comfort BookBradshaw On: The FamilyCreating LoveHomecomingYoga JournalHealing Your Inner Child and Yourself for LifeHomecomingThe Flight from IntimacyOonaChained to the DeskFamily Secrets: The Path from Shame to HealingReclaiming Your Inner ChildDeveloping IntuitionCollaborative LawHealing the Shame that Binds YouThe Lost YearsAn Action PlanMothering Without a Map

Reclaim Your Heart

Explains how to experience at first hand the portion of one's personality that feels emotions and is playful, and tells how to use this experience for personal healing

The Quest - Study Journal

This unique new handbook explains this emerging dispute resolution model of collaborative law that is helping family lawyers bring their clients through the divorce passage with integrity and satisfaction. Collaborative Law describes how this approach engages the unique problem-solving skills of lawyers to achieve settlements that creatively and appropriately customize outcomes in the way that few courts are able to achieve. In the collaborative process, fees and costs are minimized, high-quality legal counsel and negotiating assistance are built in, and the ability of divorcing spouses to cooperate and coparent is maximized to a dramatic extent.

A Gift to Myself

Argues that shame is the core problem in compulsions, co-dependencies, and addictions, and suggests techniques for healing shameful feelings

Recovery of Your Inner Child

The author examines the significance of identifying and rescuing the inner child in terms of recovery, spiritual growth, freedom, and full adult functioning

Homecoming

This invaluable guide goes beyond existing self-help books, enabling readers to stay healthy and meet the challenges of daily living. Parker shows how examining the attributes of God as a good parent helps us develop a nurturing parent voice. Includes exercises that foster understanding of the inner child's position in the family.

Trances People Live

“Do I have life ‘more abundant’?” That’s a question millions of Christians have asked down through the ages. Dan Stone asked that question during a time of spiritual frustration in his own life and God answered by showing Dan he had been living only a part of the gospel message. Dan’s search led him to discover the truth of “Christ in you” as “the rest of the gospel” that most Christians overlook. Readers who are hungry for a deeper experience with God will resonate with Dan’s discovery of “the rest of the gospel,” which is indeed rest for everyone who is willing to finally let go and let God.

Post-Romantic Stress Disorder

Intuition is a birthright, but many have lost touch with it. If embraced and followed, intuition can be an accurate force that permeates all facets of life. Shakti teaches readers how to tap into their inner knowledge and use it to enhance their lives and attain their goals. Chapters explore the role of intuition in health, creativity, work, and prosperity. Exercises based on Shakti's workshops and seminars help readers listen to their inner guide but also evaluate the worthiness of such knowledge in the context of the real world. Stories from her clients and her own life illustrate the practical advice she gives.

Family Secrets

The best-selling author of Creating Love sets out to redefine what it means to live a moral life in today's world by helping readers reclaim and cultivate their inborn moral intelligence by developing one's instincts for goodness in childhood and nurturing them through one's adult life to promote good character and moral responsibility. 75,000 first printing.

Healing the Child Within

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.

Homecoming

нига Self Improvement: The Top 101 Experts Who Help Us Improve Our Lives Self Improvement: The Top 101 Experts Who Help Us Improve Our Lives Книги English литература Автор: David Riklan Год издания: 2004 Формат: pdf Издат.: Self Improvement Online, Inc. Страниц: 422 Размер: 1,2 ISBN: 097456723X Язык: Английский 0 (голосов: 0) Оценка: The amount of resources available to help you improve your life is vast. Yet the self-help process does not have to be intimidating. Described as the "Encyclopedia" of Self Improvement, this useful reference guide narrows down the top experts in the field and sorts through their great supply of products and information. This book will help you answer the following questions: - Who are the Top 101 Experts in Self Improvement? - What is the core message of each of these experts? - What information is available from them to learn? - How can I find the book, speaker, seminar, or program that is right for me? "Self Improvement: The Top 101 Experts" is a comprehensive resource of information that will help you get started improving your life - quickly and effectively! Includes information on Dr. Phil McGraw, Anthony Robbins, Sylvia Browne, Dalai Lama, Laura Schlessinger, Dale Carnegie, Paulo Coelho, Stephen Covey, Zig Ziglar, Wayne Dyer, Kahlil Gibran, Rick Warren, John Maxwell, Robert Kiyosaki, Carlos Castaneda, Robert Allen, John Gray, Iyanla Vanzant, Les Brown, Louise Hay, Brian Tracy, Mitch Albom, Eckhart Tolle, Og Mandino, Ken Blanchard, L. Ron Hubbard, Norman Vincent Peale, Dave Pelzer, Marianne Williamson, Napoleon Hill plus 70 More.

Homecoming

Explains how to resolve inner conflicts, includes advice on compensating for the poor parenting one received as a child, and suggests self-parenting exercises

Homecoming

John Bradshaw is arguably the most accomplished and well-known leader alive today in the addictions field. He taught us about functional and dysfunctional families, showed us how shame could become toxic and poisonous to our core selves, and helped us understand and heal the wounded, vulnerable "inner child" conceived by, and thriving in, that environment.

In Post-Romantic Stress Disorder (PRSD), Bradshaw gives readers a clear explanation of the difference between falling in love, lust, and true love. Based on his research, PRSD is a deeply serious psychological disorder and the cause of 40% of all divorces –divorces that could have been prevented. Every day people throw away perfectly good relationships because they just don't know how to navigate the tides, but if they could learn and understand the concepts Bradshaw presents in this book, the portrait of the family unit could have a whole new landscape. Join this great teacher as he opens the gates to a new frontier, tackling issues that threaten and endanger so many modern relationships. Be encouraged as he leads the way to a deeper and more fulfilling spiritual union. As he so eruditely observed some time ago, "As the health of the marriage goes, so goes the health of the family." Yet Bradshaw ladles out hope unlimited?if parents could restore a deep, authentic love for each other it could be passed on to their children and families would actually flourish.

Reclaiming Virtue

Pick This Little Booklet Up and You'll Never Put Yourself Down Again! Learn the Most Effective Way to Heal Your Inner Child and Reconnect With Your TRUE Self Today! Do you suffer from emotional pain? Perhaps you feel wounded deep inside? Isolated, like no one understands how much you suffer? Inside You'll Learn: * How to find the lost inner child within * How to heal your emotional pain and suffering * Key steps in recovering and healing your self-esteem * How to avoid being a co-dependent * The most effective approach to journaling * And much more! Healing Your Inner Child and Yourself For Life is a cut-to-the-chase, practical guide-the perfect choice for anyone who suffers severe emotional pain and feels all alone. Hopelessness and despair no longer have to be your heart's dwelling place! Start the healing journey for reclaiming your state of natural happiness and joyful living!!

Reclaiming the Inner Child

The author examines the significance of identifying and rescuing the inner child in terms of recovery, spiritual growth, freedom, and full adult functioning

A Return to Love

All families have secrets. Some secrets are healthy, but others - those that John Bradshaw calls 'dark secrets' - limit the wholeness and freedom of every member of the family, often generation after generation. In Family Secrets, John Bradshaw examines the family's mysterious power to affect our lives. He explains how secrets are created, how they influence us (even if we don't know they are there), and describes the risks and benefits exploring them. With the aid of a genogram, which can be used to chart key relationships, Bradshaw provides us with a step-by-step guide to uncovering the secrets of

the past and the present. Family Secrets includes dozens of fascinating case studies which illustrate how we can recognise crucial gaps and silences, reconstruct missing information and decipher partial memories. It provides vital advice on how to deal with the truths revealed and shows us ways to stay safely and honestly connected with our families. For more information on John Bradshaw please visit www.johnbradshaw.com

The Rest of the Gospel

In this six-session Bible study, participants will learn to develop an intimacy with God and embrace the adventure that comes with living a life for Him. Features small-group leader helps, personal study segments with homework, and space for journaling and reflection.

Self-Parenting

Romance at Your Fingertips In the tradition of the phenomenally successful The Woman's Comfort Book, Jennifer Loudon brings her masterful sustenance skills to this creative guide filled with ways for couples to stay connected in a busy world. With playful rituals and reliable recipes for making the most of your time together, this is the comprehensive compendium of coupledness.

The Wizard of Oz and Other Narcissists

There are four simple words that point the way toward liberation and fulfillment: whatever arises, love that. This is the life-changing teaching that Matt Kahn has been sharing with millions of YouTube viewers around the world. Whatever Arises, Love That offers a collection of powerful teachings by this highly regarded teacher, providing you with a series of deeply healing insights and practices to ignite the spark of your highest potential. Topics include: • Discovering the first step in finding inner peace • Reclaiming the passion, joy, and inspiration of your true innocent nature • Exploring the essential role of surrender throughout the spiritual journey • Unraveling the patterns of ego with compassion and ease • Mastering the vital skill of conscious communication to uplift every relationship and encounter • Reuniting the mind and heart as a doorway into greater spiritual evolution As Matt often says, "The deepest invitation in any moment is to heal the root of human suffering and celebrate the Spirit in all by opening your heart to its absolute potential. In a universe of endless questions, love is the only answer." Whatever Arises, Love That is the blueprint for a new spiritual paradigm, and your companion in exploring spiritual evolution in the most heart-centered way.

Self Improvement: The Top 101 Experts Who Help Us Improve Our Lives

Stephen Wolinsky brings us full circle in understanding the reality of our inner child. Rather than being always "precious," Dr. Wolinsky shows us the dysfunctional shadow side of our inner child and puts us in touch with those frozen, inner-child memories or trance states that keep creating problems by filtering reality through outmoded, limited, and distorted lenses. The Next Step is to, finally, own and acknowledge this dark side and step out of our inner-child trance into the present time and uninterrupted awareness.

Discover Your Unknown Inner Self

Whatever Arises, Love That

This volume is intended as a resource for anyone who suffers from dysfunctional patterns of behaviour or who feels stuck in an undesirable emotional or addictive state. It should be of interest to psychologists, counsellors and other caring professionals.

The Dark Side of the Inner Child

Back by popular demand -- and newly updated by the author -- the mega-bestselling spiritual guide in which Marianne Williamson shares her reflections on A Course in Miracles and her insights on the application of love in the search for inner peace. Williamson reveals how we each can become a miracle worker by accepting God and by the expression of love in our daily lives. Whether psychic pain is in the area of relationships, career, or health, she shows us how love is a potent force, the key to inner peace, and how by practicing love we can make our own lives more fulfilling while creating a more peaceful and loving world for our children.

The Couple's Comfort Book

Bradshaw On: The Family

With unerring insight and emotional power, Belva Plain, in her extraordinary novel, tells the story of a family divided and of the proud matriarch who takes a bold last stand to unite her warring children in what may be their last Homecoming. It is a crisp December day when Annette Byrne walks to the end of her long, curving driveway and drops five sealed envelopes

into the mailbox, quickly, before second thoughts stay her hand. Shortly thereafter, with the holidays approaching, her estranged family will be gathered at her country estate for the first time in years. The sons. . . two brothers embittered by a breach of ethics, honor, and trust. The grandchildren. . . one young couple on the verge of divorce; another, lovingly united against the parents who have tarnished their lives. As the ill-fated meeting hurtles toward a bitter and abrupt conclusion, not even Annette Byrne's indomitable will can heal the rift--until a shattering event alters the landscape forever. From the Paperback edition.

Creating Love

Do you know someone who Has trouble being close to others? Has a strong need to be right — all the time? Acts self-centered and egotistical? Never asks for help? Has to look good all the time? Works long hours but never finishes? Expects perfection in self and others? Seldom appears vulnerable or weak? Has difficulty relaxing? If so, this person may suffer from counter-dependency, the little-known flip side of co-dependency. The Flight from Intimacy, by psychologists Janae and Barry Weinhold, reveals counter-dependency as the major barrier to creating intimate relationships. People with counter-dependent behaviors appear strong, secure, and successful on the outside, while on the inside they feel weak, fearful, insecure, and needy. They function well in the world of business but often struggle in intimate relationships. Being in a relationship with this kind of person can be extremely frustrating. The Flight from Intimacy shows readers how to recognize and cope with counter-dependent people. And if you recognize yourself in the description above, this book will help you learn how to change. It teaches readers how to use committed relationships to heal childhood wounds and provides proven ways to use conflicts as opportunities for creating intimate, partnership relationships.

Homecoming

Identifying the differences between healthy family secrets and dangerous ones, a step-by-step guide to uncovering dark family secrets from the past and present explains how to use the genogram to chart key relationships. Reprint.

Yoga Journal

Reclaim Your Heart is not just a self-help book. It is a manual about the journey of the heart in and out of the ocean of this life. It is a book about how to keep your heart from sinking to the depths of that ocean, and what to do when it does. It is a book about redemption, about hope, about renewal. Every heart can heal, and each moment is created to bring us closer to that transformative return. Reclaim Your Heart is about finding that moment when everything stops and suddenly looks different. It is about finding your own awakening. And then returning to the better, truer, and freer version of yourself. Many

of us live our lives, entrapped by the same repeated patterns of heartbreak and disappointment. Many of us have no idea why this happens. Reclaim Your Heart is about freeing the heart from this slavery. It is about the journey in an out of life's most deceptive traps. This book was written to awaken the heart and provide a new perspective on love, loss, happiness, and pain. Providing a manual of sorts, Reclaim Your Heart will teach readers how to live in this life without allowing life to own you. It is a manual of how to protect your most prized possession: the heart.

Healing Your Inner Child and Yourself for Life

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.

Homecoming

“Why are so many of us at times completely baffled by a relationship? How can we think we know someone so well and admit in the end that we hardly knew that person at all? Why do many people who work diligently and strenuously to gain wholeness and balance still feel so frustrated about having a fulfilling relationship? Why have so many people given up on love?”—from the Prologue John Bradshaw’s bestselling books and compelling PBS series have touched and changed millions of lives. Now, in *Creating Love*, he offers us a new way to understand our most crucial relationships—with our romantic partners and spouses, with our parents and children, with friends and co-workers, with ourselves, and with God. Bradshaw’s compassionate approach shows that many of us have been literally “entranced” by past experiences of counterfeit love, so we unknowingly re-create patterns that can never fulfill us. Here he provides both the insights and the precise tools we need to keep those destructive patterns from repeating in the present. And then he shows how we can open ourselves to the soul-building work of real love—and create healthy, loving relationships where we can be fully ourselves in every part of

our lives.

The Flight from Intimacy

Based on the public television series of the same name, Bradshaw On: The Family is John Bradshaw's seminal work on the dynamics of families that has sold more than a million copies since its original publication in 1988. Within its pages, you will discover the cause of emotionally impaired families. You will learn how unhealthy rules of behavior are passed down from parents to children, and the destructive effect this process has on our society. Using the latest family research and recovery material in this new edition, Bradshaw also explores the individual in both a family and societal setting. He shows you ways to escape the tyranny of family-reinforced behavior traps--from addiction and co-dependency to loss of will and denial--and demonstrates how to make conscious choices that will transform your life and the lives of your loved ones. He helps you heal yourself and then, using what you have learned helps you heal your family. Finally, Bradshaw extends this idea to our society: by returning yourself and your family to emotional health, you can heal the world in which you live. He helps you reenvision societal conflicts from the perspective of a global family, and shares with you the power of deep democracy: how the choices you make every day can affect--and improve--your world.

Oona

Firsthand accounts by an alcoholic and drug-addicted daughter and the mother who struggled to save her discusses how Kristina, a second of four children, fell into addictions at the age of thirteen and descended into a brutally violent life while her mother was forced to end a dysfunctional marriage and assume a tough-love stance in order to protect her other children. Original.

Chained to the Desk

The award-winning author of In the Shadow of Polio draws on research in the fields of psychology, social science, biology, and anthropology, as well as the experiences of ordinary women from across the country, to explore the reasons why some people are able to overcome their troubled childhoods to lead fulfilling lives and others are not. Reprint.

Family Secrets: The Path from Shame to Healing

"How can anyone claim to really understand our Constitution without knowing what these critical traditions had to say?"
--Michael Wallace, Professor of History, John Jay College. "A real contribution to the subject of democracy and liberalism."

--John Ehrenberg. "Does a marvelous job of returning the Constitution to its proper sphere, the product of the rough and tumble of politics." -- Malcom M. Feely, author of Judicial Policy Making and the Modern State. "The United States Constitution is a provocative book, much needed for overdue rethinking on the Constitution proper and its amendments. By making available "the underside of criticism and protest that has accompanied the Constitution from its inception" the book cuts through a mountainous mass of conventional bombast, one-sided versions and outright fabrications regarding the Constitution. In clarifying what makes the Constitution's clock tick, the book lives up to its subtitle. --Ira Gollobin, National Emergency Civil Rights Committee NEVER BEFORE ASSEMBLED IN A SINGLE VOLUME--the major writings on the Constitution from six critical traditions. Here is THE OTHER SIDE in most of the key disputes over the Constitution from 1789 to the present, the side that was barely heard during the recent Bicentennial celebrations. Yet, it was often the popular side, raising many troublesome questions about the nature of American democracy that still remain to be answered. Now that the applause has subsided, every fair-minded person will want to know what these critics of the Constitution have to say about who did, and is still doing, what to whom, and why. Section 1 outlines the main events and problems that led up to and contributed to the calling of the Constitutional Convention in 1787. Section 2 concentrates on what actually happened at the convention. Section 3 deals with the two-hundred-year history of interpretations and amendments that followed. Section 4 offers a number of ideas that should prove helpful in constructing the adequate theory of the Constitution that still eludes us. Skillfully woven into one volume the forty contributors include voices as varied as those of Gore Vidal, I.F. Stone, Ralph Nader, E.P. Thompson, Howard Zinn, Sheldon S. Wolin, Joan Hoff, Karl Marx, Jackson Turner Main, Charles A. Beard, and W.E.B. Du Bois joined--perhaps surprisingly--by Woodrow Wilson, Franklin D. Roosevelt, and Thurgood Marshall.

Reclaiming Your Inner Child

One of the most significant but least understood of character disorders in individuals is narcissistic personality disorder, or NPD. In this book, a licensed marital and family therapist provides a much-needed overview of NPD, its wide-ranging effects, and guidelines for dealing with this disorder.

Developing Intuition

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Collaborative Law

Dr. Whitfield provides a clear and effective introduction to the basic principles of recovery. This book is a modern classic, as fresh and useful today as it was more than a decade ago when first published. Here, frontline physician and therapist Charles Whitfield describes the process of wounding that the Child Within (True Self) experiences and shows how to differentiate the True Self from the false self. He also describes the core issues of recovery and more. Other writings on this topic have come and gone, while *Healing the Child Within* has remained a strong introduction to recognizing and healing from the painful effects of childhood trauma. Highly recommended by therapists and survivors of trauma.

Healing the Shame that Binds You

The child is the father of the man. -- Wordsworth The inner child, that vital but submerged part of the self that connects us to both the joy and sadness of our childhood, is a key to our achieving fullest expression as adults. "This child entity," says our editor Jeremiah Abrams, "is the self we truly are and have always been, living within us in the here and now." This volume, a collection of 37 wide-ranging articles, defines and gives concrete reality to the abstract image of the inner child, revealing it to be the unifying symbol of the self, a symbol that represents, according to Carl Jung, "the part of the human personality which wants to develop and become whole." The essays from depth psychology, literature, the 12-Step Program perspective, and other disciplines are woven together with Abrams' thoughtful commentary to address the compelling themes the inner child brings to our awareness. Many of the selections address very practical objectives. - Realizing the promise of the child within and living out its destiny. - Reclaiming the innocence, playfulness, and wonder of the child in adulthood. - Healing the abandoned or abused inner child and resolving old traumas. - Tapping the child as symbol for our creative energy. - Forgiving our parents. - Developing compassionate awareness to be a better parent. - Completing the deverse unfinished business of childhood.

The Lost Years

An Action Plan

The author examines the significance of identifying and rescuing the inner child in terms of recovery, spiritual growth, freedom, and full adult functioning

Mothering Without a Map

Emily Wells was living a seemingly normal life until a medical wake-up call prompted a series of synchronistic events that

led her to meet aspects of herself she never imagined existed. In an enlightening compilation, Wells chronicles her fascinating journey of self-discovery as she welcomed wisdom and wholeness through intimate conversations with different aspects of her inner self. As Wells introduces each aspect, she provides insight into how each guided her to find freedom from beliefs, thoughts, and emotions that no longer served her well-being, and how their advice, honesty, and love not only expanded her wisdom, but also provided her with a new and extraordinary sense of wholeness and happiness, clarity, and healing. Throughout her narrative, Wells gently encourages all of us to consider looking within for the answers in order to ultimately transform our lives into something we never thought possible. Discover Your Unknown Inner Self offers insight into the author's journey of inner self-discovery as she is led down an empowering path to a new life.

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