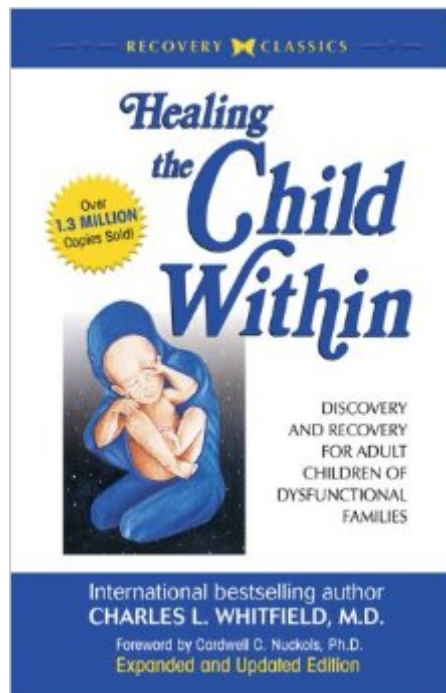


The book was found

# Healing The Child Within: Discovery And Recovery For Adult Children Of Dysfunctional Families (Recovery Classics Edition)



## Synopsis

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.

## Book Information

File Size: 2183 KB

Print Length: 216 pages

Publisher: HCI (January 1, 2010)

Publication Date: January 1, 2010

Sold by:Â Digital Services LLC

Language: English

ASIN: B004FN1S7W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #45,749 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #8 inÂ Books > Self-Help > Inner Child #9 inÂ Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Inner Child

## Customer Reviews

Most books on dysfunctional families assume alcoholism and/or drug abuse. There isn't much literature that addresses the problem of family disfunction recognising that symptoms/causes can manifest in other ways. The parental conditions he lists that tend to stifle the child within are: chemical dependence; co-dependence; chronic mental illness or disabling physical illness; extreme rigidity, punitiveness, judgementalness, non-loving, perfectionism, or inadequacy; child

abuse--physical, sexual, mental-emotional and/or spiritual; denial of feelings of reality. Spiritually abused adult children, even if no physical abuse ever occurred in conjunction, tend to have experienced co-dependence (boundaries are crossed and roles are mixed up in unhealthy ways), rigidity, judgementalness, perfectionism, and denial of feelings of reality, in addition to the description he gives for mental/emotional/spiritual abuse. He develops a hierarchical list of 20 human needs, drawing from Maslov, Miller, Weil, and Glasser, and develops the concept that in order for a human being to be whole and healthy and ready to follow a truly spiritual path, these needs must first be met, in order of most basic to highest potential. Most basic, of course, survival and safety; highest potential is unconditional love (including connection with a Higher Power.) He explains the cycle of shame and low self esteem, and maps how healthy boundaries are crossed by all in a shame based family. He describes the role of Post Traumatic Stress Disorder (PTSD), and its treatment.

[Download to continue reading...](#)

Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (Recovery Classics Edition) Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families ADULT CHILDREN OF ALCOHOLICS/DYSFUNCTIONAL FAMILIES Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Adult Children of Alcoholics Syndrome: A Step By Step Guide To Discovery And Recovery Culturally Competent Practice with Immigrant and Refugee Children and Families (Social Work Practice with Children and Families) Understanding Addiction and Recovery Through a Child's Eyes: Hope, Help, and Healing for Families Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Child Health Nursing (3rd Edition) (Child Health Nursing: Partnering with Children & Families) Healing the Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies (Healing Your Grieving Heart series) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) 21st Century Adult Cancer Sourcebook: Adult Acute Myeloid Leukemia (AML), ANLL, Myelogenous or Myeloblastic Leukemia - Clinical Data for Patients,

Families, and Physicians Stepparenting: Becoming A Stepparent: A Blended Family Guide to:  
Parenting, Raising Children, Family Relationships and Step Families - 2nd Edition (Raising ... Kids,  
Blended Families, Blended Family) When Your Adult Child Breaks Your Heart: Coping With Mental  
Illness, Substance Abuse, And The Problems That Tear Families Apart Adult Coloring Book:  
De-Stress: Adult Coloring Books (The Peaceful Adult Coloring Book Series) Adult Romance: Adult  
Bedtime Short Stories - Sultry XXX Romantic Billionaire Romance, Mail Order Bride Historical  
Romance, Western, Alpha Male Love, New Adult, Victorian Romance, Bedtime Anthology Discover  
the Power Within You: A Guide to the Unexplored Depths Within Buddhism: A Beginners Guide  
Book For True Self Discovery and Living a Balanced and Peaceful Life: Learn To Live In The Now  
and Find Peace From Within - ... - Buddha / Buddhist Books By Sam Siv 1)

[Dmca](#)