



## Gifts From The Child Within: Self-discovery and Self-recovery Through Re-Creation Therapy, 2nd Edition (Paperback)

By Barbara Sinor PhD

Loving Healing Press, United States, 2007. Paperback. Book Condition: New. 2nd. 229 x 155 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Gifts From the Child Within brings a refreshing approach to guiding its reader to understanding the initial or underlying basis to their emotional suffering due to past childhood trauma. This recovery book is geared toward both professional and layperson. Its pages are filled with offerings from psychological, physiological, and spiritual perspectives which takes the reader on a journey into the soul. It is written with sensitivity and clarity inviting the reader to search within for healing. As the author shares her own journey of childhood abuse, the reader is asked to address issues surrounding physical, mental, spiritual, and sexual abuse. Instructions are captured to guide one toward reaching for their own child within; releasing negative emotions; re-creating outdated childhood beliefs; and, to recognize the gifts the inner child has for us. The process of Re-Creation Therapy(tm) is introduced by the author allowing the reader who follows its guidance to reap the effects of gradual changes in self-awareness which lead to a greater understanding of the psychodynamics the child within plays in the adult life....



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