

Download Healing The Child Within

Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families [Charles L. Whitfield M.D.] on Amazon.com. *FREE* shipping on qualifying offers. Dr. Whitfield provides a clear and effective introduction to the basic principles of recovery. This book is a modern classic. Healing the Child Within has many great points regarding the origin of emotional pain that stems from childhood but stays with you as a “grown up” creeping in to your subconscious and affecting vital decisions you make in your own relationships with the people closest to you. I truly wish that I had access to enlightening information when I was raising my two children in the 70s, 80s and through the mid 90s. Charles Whitfield, MD, is a board certified internist who transitioned into psychiatry. He is author of the best-selling book, Healing the Child Within. When you climb a beautiful mountain, invite your child within to climb with you. When you contemplate the sunset, invite her to enjoy it with you. If you do that for a few weeks or a few months, the wounded child in you will experience healing., Healing The Child Within.

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