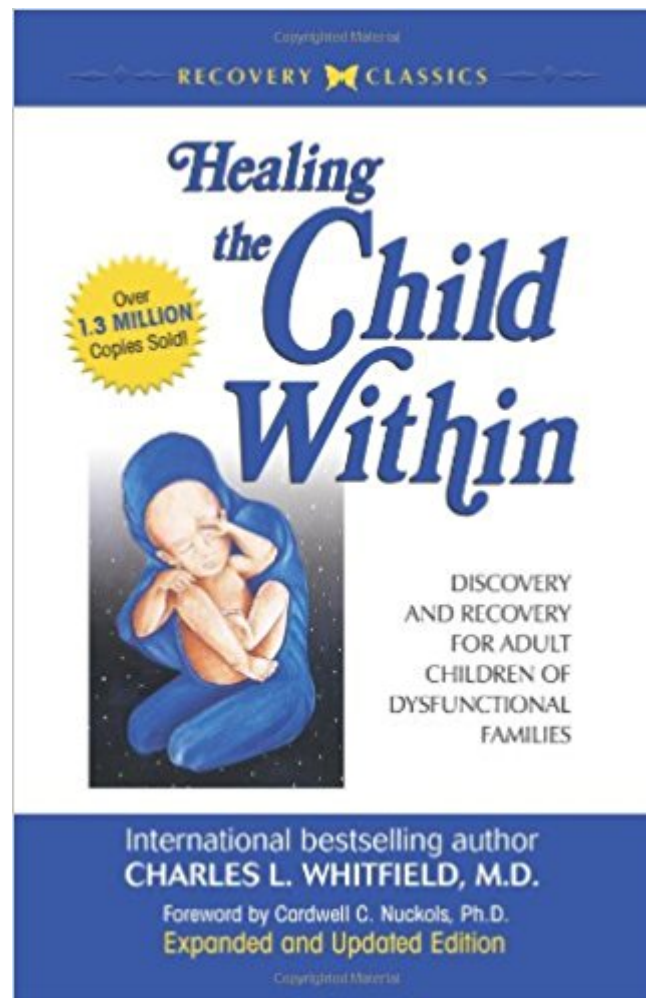




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# Healing The Child Within: Discovery And Recovery For Adult Children Of Dysfunctional Families



## Synopsis

Have you ever heard of your inner child? Well, this is the classic book that started it all. In 1987, Charlie Whitfield's breakthrough concept of the child withinâ "that part of us which is truly alive, energetic, creative and fulfilledâ "launched the inner child movement. *Healing the Child Within* describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion and unhappiness of adult life. Eighteen years and more than a million copies sold later, *Healing the Child Within* is a perennial selling classic in the field of psychology. And it is even more timely today than it was in 1987. Recent brain research, particularly on the effects of trauma on the brain of developing children, has supported Whitfield's intuitive understanding as a psychiatrist. About HCI Recovery Classics HCI's recovery backlist contains some of the most important and best-selling works in the recovery field. These books are still sought after today, selling more than 100,000 copies per year. Our new line of branded books features expanded editions of our top recovery titles, new introductions, updates on pertinent recent developments in the field, and contemporary new covers and packaging.

## Book Information

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## Customer Reviews

View larger Recovering from childhood trauma and rediscovering your true self. By conservative estimates, over fifty percent of the population have experienced childhood trauma, often in toxic family systems. In some cultures that rises to seventy, eighty, even ninety percent. When trauma occurs in childhood, the core aspect of human consciousness - our true self - goes

into hiding and is, typically, replaced with an egotistical false self. Healing the wounds of the child within requires a recovery process that takes place in a supportive and safe environment. The process may involve age regression, journaling, individual, and group therapy. It is a hero's journey that builds skills in sharing with safe people, getting to the truth and learning from our mistakes and from our pain. In *Healing the Child Within*, Dr. Whitfield guides us through four steps to rediscovering your true self: 1. Learn to be 'real' by practicing being 'real' with safe others. 2. Identify your healthy human needs. 3. Grieve your ungrieved hurts, traumas and losses. 4. Work through your core recovery, relationship and life issues.

Cardwell C. Nuckols, Ph.D., is an expert on brain development and recovery who has been described as "one of the most influential clinical trainers in America." His many publications include the national best-seller, *Cocaine: Dependency to Recovery*. His recent DVD, "The Science Based Treatment of Addictive Disorders," provides a scientific basis for many of the ideas first addressed in *Healing the Child Within*. Charles L. Whitfield, M.D., is a physician, psychotherapist, and internationally recognized expert on mental illness, behavioral problems, and recovery. He has been on the faculty of the Rutgers University Summer Institute of Alcohol and Drug Studies from 1978 to 2003, and in private practice of medicine and psychotherapy since 1976. He has been voted by his peers as one of the Best Doctors in America every year since 1994. He lives in Atlanta, GA.

**Chapter 1 Discovering Our Child Within** The concept of the Child Within has been a part of our world culture for at least two thousand years. Carl Jung called it the 'Divine Child' and Emmet Fox called it the 'Wonder Child.' Psychotherapists Alice Miller and Donald Winnicott refer to it as the 'true self.' Many in the field of alcoholism and other chemical dependence call it the 'inner child.' The Child Within refers to that part of each of us which is ultimately alive, energetic, creative and fulfilled; it is our Real Self •who we truly are. With our parents' unknowing help and society's assistance, most of us deny our Inner Child. When this Child Within is not nurtured or allowed freedom of expression, a false or co-dependent self emerges. We begin to live our lives from a victim stance, and experience difficulties in resolving emotional traumas. The gradual accumulation of unfinished mental and emotional business can lead to chronic anxiety, fear, confusion, emptiness and unhappiness. Denial of the Child Within and the subsequent emergence of a false self or negative ego are particularly common among children and adults who grew up in troubled families, such as those where chronic physical or mental illness, rigidity, coldness or lack of nurturing were common.

Yet, there is a way out. There is a way to discover and to heal our Child Within and to break free of the bondage and suffering from relying on our false self. That is what this book is about. Â©2008. All rights reserved. Reprinted from Healing the Child Within by Charles L. Whitfield. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, without the written permission of the publisher. Publisher: Health Communications, Inc., 3201 SW 15th Street , Deerfield Beach , FL 33442.

Heal, so it won't hinder your growth, or progression in life.

All I got from this book is that I need to "heal my child within" by going to support groups or therapy. There was no real guidance or good examples of other's stories. I'm really confused why others rated this so highly.

This is a necessary read for those who are trying to heal the child within. I do agree that you might need to read it a few times for it really to sink in.

One of the greatest books for healing your child within.

I love this little easy read book. I buy it and give to patients when appropriate and I get wonderful feedback from my patients.

This book can relate to so many people that come dysfunctional families, alcoholic families, addict families and can cover so many areas. Some part do not pertain to me but there are a lot of things that I can definitely relate to.

Awesome resource, educational. A great read for those in clinical, hands-on treatment settings w patients.

A wonderful great book to help personally. Found some great advice inside those pages and I would recommended it to any person.

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