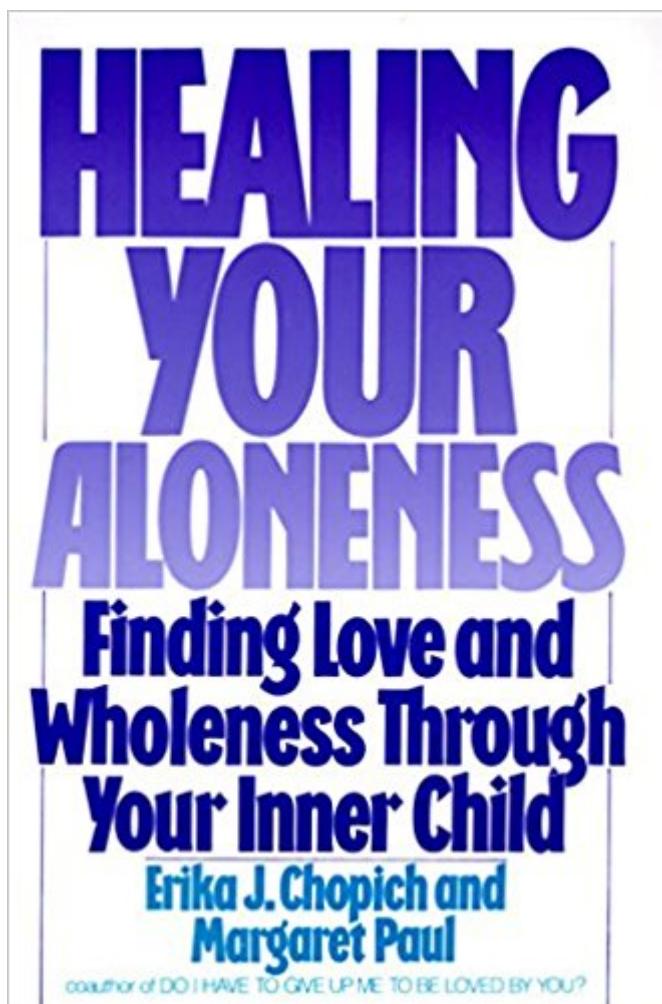


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# Healing Your Aloneness: Finding Love And Wholeness Through Your Inner Child



## Synopsis

Erika Chopich and Margaret Paul show how anyone can reconnect with his or her Inner Child to short-circuit self-destructive patterns, resolve fears and conflicts, and build satisfying relationships. Healing Your Aloneness outlines a self-healing process that can be used every day to restore a nurturing balance between loving Adult and loved Inner Child.

## Book Information

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## Customer Reviews

"A profound look at the cause of inner pain." SUSAN FORWARD, author of "Toxic Parents" "This practical and powerful guide to inner healing will be especially useful to anyone at a crossroads, crisis, or change-point in their personal and spiritual growth." HAROLD H. BLOOMFIELD, author of "Making Peace With Your Parents" "The authors have made an explicit and important break with other child within writers by emphasizing that it is not simply a healthy Inner Child for Inner Parent but a healthy relationship between the two that is the key to personal health. The work is practical, compelling, and very readable." JOHN VASCONCELLOS, California Assemblyman, 23rd District "A valuable roadmap for healing the child within us." WALTER E. BRACKELMANNS, associate clinical professor of psychiatry, UCLA -- Endorsements

Margaret Paul, Ph.D., is a psychotherapist and the coauthor of Free to Love, Do I Have to Give Up Me to Be Loved By You?, From Conflict to Caring, and If You Really Loved Me.

This is THE book I have been waiting to find. It explains a whole lot of what's been going on inside

of me and it is a gem. There is much underneath the cover of this book, there are volumes! This book provides guidance to learning to understand your inner workings and why you feel confused and lonely as you do. For me, it is a feeling of intense anxiety. Anxiety and anger, and sleepiness, are 3 intense traits that the Inner Child, which has been asleep or locked away, feels and undergoes when it has been abandoned and judged by the inner critical parent. Exercises are presented for the goal to achieve a balanced unified peaceful inner system within. Adult Children of Alcoholics will benefit because they tend to lack a loving inner parent and they therefore need to 'reparent' their inner child. Ideas such as promoting trust within yourself is introduced, and the benefits are outlined - phenomenal benefits to one's health if one follows this system of work.

This book changed my life! I can safely say that. The Inner Bonding Process breaks our psychology down to easily understood parts. It allowed me to see that my destructive patterns and beliefs were coming from my Wounded Child and helped me to see that I needed to develop my Loving Adult. I finally understood where my lifelong feeling of "aloneness" was coming from. Now I have a Loving Adult who is there for me as a loving parent to take care of my Inner Child and make her safe. I have accessed Guidance and received help to learn what is loving to my Inner Child. Definitely read this book! It is awesome!

This book has been enlightening. The internal dynamics of the adult/child relationship and how to mend from painful experiences and family dysfunction of childhood, provide a clear path to recovery. Addictions are not limited to drugs, alcohol, sex, and gambling. Any behavior that you continually find yourself doing while knowing that it keeps you from the life you truly want can be an addiction. This book lets you understand why and what you can do to be free from your addictions and heal. I recently also purchased the companion workbook. Will be adding my review soon. The Healing Your Aloneness Workbook: The 6-Step Inner Bonding Process for Healing Yourself and Your Relationships

This book saved my life. It allowed me to reconnect with myself on a deeper level and truly listen to the small voice within. There is much that we can attend to and heal if we would only take the time to learn and listen. If we simply take the time to understand why we feel and do the things we do. If we only knew the power that understanding holds. By loving ourselves and who we are, we allow ourselves to heal and move forward. Let go of the burdens of pain we carry because we misunderstand our own struggles. I hope that you will read and find hope and practical advice to

heal your self and your life. You deserve it.

This book was surprisingly well written and contained some critical insights regarding inner child work. It doesn't come up very often when you are searching recovery resources but is definitely a must buy. You will not be disappointed with the wealth of knowledge to be found here and will applaud the advice and guidance that the book includes. Give it a try.

Great powerful read. I am still working up my courage to totally embrace my inner child, but I know she is there waiting for me! Thank you!

Just finished reading it on my kindle - very clear and well explained (about our Ego/Wounded Self/Inner Child/Inner Adult, ect.) I definitely have to read it again - recommend this book for a better understanding of why we're hurting and what we can do about it - become empowered.

A great help for people to connect with their Inner Child.

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