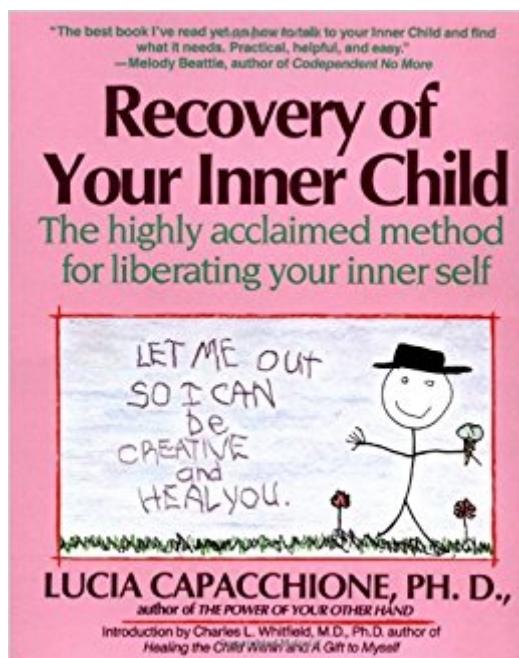


The book was found

Recovery Of Your Inner Child: The Highly Acclaimed Method For Liberating Your Inner Self



Synopsis

The Inner Child lives within all of us, it's the part of us that feels emotions and is playful intuitive and creative. Usually hidden under our grown-up personas, the Inner Child holds the key to intimacy in relationships physical and emotional well-being, recovery from addictions, and the creativity and wisdom of our inner selves. Recovery of Your Inner Child is the only book that shows you how to have a firsthand experience of your Inner Child -- actually feeling its emotions and recapturing its sense of wonder -- by writing and drawing with your non-dominant hand. Expanding on the highly acclaimed technique introduced in The Power of Your Other Hand, here Dr. Capacchione shares scores of hands-on activities that will help you to embrace your Vulnerable Child and your Angry Child, find the Nurturing Parent within, and finally discover the Creative and Magical Child that can heal your life.

Book Information

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Customer Reviews

Melody Beattie author of Codependent No More The best book I've read yet on how to talk to your Inner Child and find what it needs. Practical, helpful, and easy. Louise Hay author of You Can Heal Your Life Healing is making ourselves whole. Healing our Inner Child is a major part of our recovery. Lucia Capacchione is a master at gently guiding you through this process. Love yourself enough to recover from the past.

Known for her discovery of the healing power of writing and drawing with the non-dominant hand, Lucia Capacchione is an art therapist with a Ph.D. in psychology, serves as a consultant to Walt

Disney Imagineering, and is nationally recognized for her workshops in recovery and co-dependence. Her work has been highly praised by such leaders in the health-care field as Dr. Bernie Siegel, Norman Cousins Joan Borysenko and Dr. Gerald Jampolsky. She has written six other books including The Power of Your Other Hand. The Picture of Health and The Creative Journal.

One of the problems with a lot of self-help books is that they are great as far as providing information, but they don't really help readers integrate the learning at a deeper level. In Recovery of Your Inner Child, Capacchione lays out a beautiful plan for helping readers speak directly with their Inner Child by writing with their non-dominant hand. It is an ingenious system that helps people bypass the rational mind and connect directly with their emotion so they can do some deep healing work on their own. As a dating and relationship coach, I have recommended this book to many of my clients.

Great self reflection book, fun exercises to heal your inner child or at least understand your inner childhood wounds. I would definitely recommend this book to all who have childhood wounds to dig deep and see what your inner child says to you through these invaluable exercises. This book moved me my inner soul, my inner spirit. Easy reading and I enjoyed the exercises using your non dominant hand and the use of healing through art therapy - invaluable

While there were a number of books that have been written regarding the Inner Child concept, Capacchione's book was not about teaching the theory solely but focused more as a self-teaching guide and activity book on the subject. A big part of the book was about the recommended activities and the examples from the author's experience in the inner child work. The interactive aspect of the book makes it challenging as well as exciting. There are set of activities, like a craft workshop, where specific art materials are needed such as coloring pens, paper, etc. The interesting part of the activities is that the writer asks you to write with your non-dominant hand (if you are right handed, it is your left and vice versa) when writing down a dialogue with the inner child speaking and using your dominant hand when the parent part of the dialogue is speaking. I have experienced transformation from my past struggles on my self-identity and this book has immensely helped in how I coped and how I live in the present. More detailed and personal insights on my blog:

<http://confidencecues.com/how-i-uncovered-my-inner-child-and-experienced-personal-transformatio>

n/

I wish to thank the soul who cared enough about themselves, and therefore for us all who wrote this exquisite book, very creative! I got a copy for my cousin in prison, too. Let us all ourselves and then the world will be healed! ☺

This book is well written and easy to apply. I started doing the exercises and felt a deep connection to my inner child right away. I am still on the journey but wanted to share that it works. This is after a childhood with nuclear war-like pain and abuse and 20 years of adulthood filled with self sabotage. Relief and joy are now mine and I know that the sky is truly the limit. May you experience the same.

This book is awesome! I am learning so much about myself!

I wasn't sure about this book that was recommended to me, but I do like it. Seems strange to think of an "inner child", but the left hand projects will really make you think.

GREAT BOOK...I have been trying to contact my inner child all my life...being a victim of abuse through out my child hood, I NOW realize I was locked away inside of an adult...trying to protect myself from further pain, missing out sooooo much of my life. This book is easy to understand with drawings, words anyone who was abused as a child can relate to. Very comforting. I have read the book through, now I have gone back and turned several pages down..which have helped me understand about myself With an awesome therapist I have, with this book, in time I will be able to see the light at the end of my tunnel...

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Through Inner Child Healing A Self-Guided Workbook for Highly Effective Teens: A Companion to the Best Selling 7 Habits of Highly Effective Teens Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Home Coming (Reclaiming And Championing Your Inner Child) (Reclaiming and Championing your inner child) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Self-Therapy for Your Inner Critic: Transforming Self Criticism into Self-Confidence Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention Empath: 16 Simple Habits To Protect Yourself, Feel Better & Enjoy Life Even If You Are Highly Sensitive: Secrets To Thrive As An Empath (Survival & Healing ... Empaths & Highly Sensitive People (HSP)) The Highly Selective Dictionary of Golden Adjectives: For the Extraordinarily Literate (Highly Selective Reference) Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (Recovery Classics Edition) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Inner Bonding: Becoming a Loving Adult to Your Inner Child Motivate Your Child: How to Release Your Child's Inner Drive and Help Them Succeed in Life: A Parents Guide to Raising Kids, Inspire them, Student Success ... Engaged) (Life Psychology Series Book 1) You Can Do the Impossible, Too!: How One Man Overcame Touretteâ™s Syndrome To Become an Acclaimed Professional Magician and How You, Too, Can Live Your Biggest, Boldest Life

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