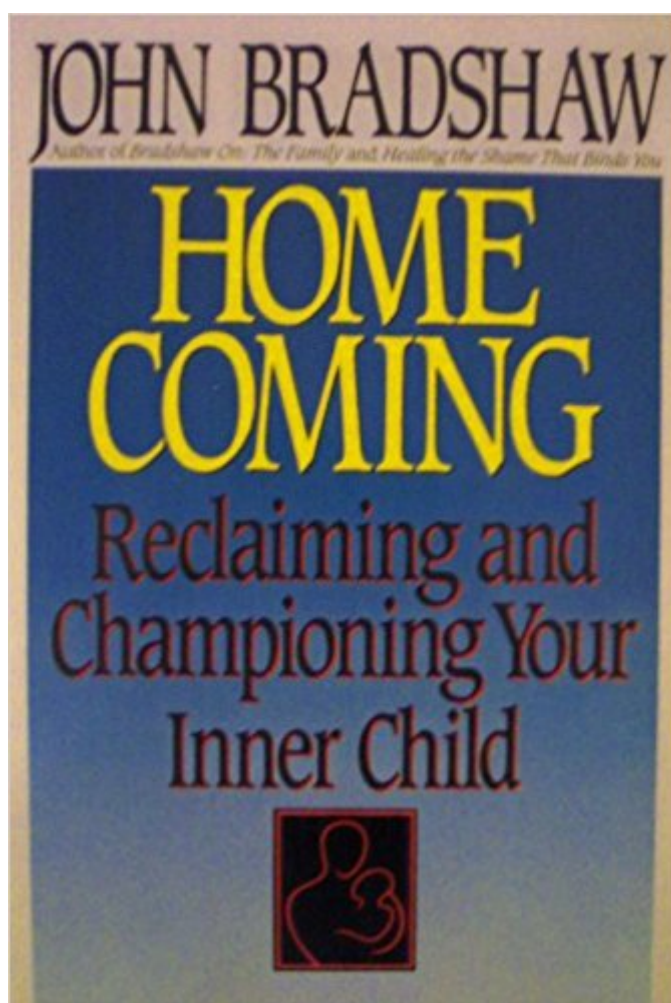


The book was found

Home Coming (Reclaiming And Championing Your Inner Child) (Reclaiming And Championing Your Inner Child)



Synopsis

288 pages

Book Information

Paperback: 285 pages

Publisher: BANTAM BOOKS; 1st Paperback Edition / 1st Printing edition (1990)

Language: English

ASIN: B000WZ2GSC

Package Dimensions: 8.9 x 6 x 0.9 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.5 out of 5 stars 233 customer reviews

Best Sellers Rank: #510,315 in Books (See Top 100 in Books) #41 in [Books > Self-Help > Inner Child](#)

Customer Reviews

288 pages

This book is life-changing especially for those who have grown up in a dysfunctional "family" and were abused as children. Healing the inner or wounded child is the main key to beginning the healing and recovery process. Going through the grief work is extremely painful but a necessary part of loss and healing. Anger also must be dealt with in productive ways since anger and grief are two sides of the same coin. I also recommend "Toxic Parents" and "Mothers Who Can't Love" both by Dr. Susan Forward since it introduces a person to soothing or healing the wounded child that each of us were.

THIS BOOK HAS SAVED ME IN SO MANY WAYS. READING THIS BOOK MAKES ME FEEL LIKE I HAVE THE MOST AMAZING THERAPIST RIGHT IN FRONT OF ME. THIS BOOK HAS HELPED ME HEAL MY INNER CHILD. FROM CHAPTER TO CHAPTER IT BREAKS DOWN THE HABITS, THE WHO, THE WHAT, THE WHERE, THE HOW, THE WHY AND THEN WHEN OF THE BROKEN INNER CHILD TO THE HEALED INNER CHILD WHO BECOMES A HEALTHY ADULT. BRADSHAW EXPLAINS EVERYTHING IN A VERY EASY WAY TO UNDERSTAND--NO "PSYCHO BABEL" MANNER. BRADSHAW EXPLAINS EVERYTHING IN A WAY THAT KEEPS YOU FOCUSED, ENCOURAGED, ENLIGHTENED AND EDUCATED. EACH CHAPTER BREAKS DOWN YOUR AGES TO EXPLAIN DEVELOPMENT. IN SOME CHAPTERS THERE ARE 16- 20

QUESTION INFORMATIVE QUIZZES AND MIND EXERCISES TO HELP YOU UNDERSTAND YOURSELF AND OTHERS. THESE EXERCISES FOR EXAMPLE...."IMAGINE YOURSELF AS A SMALL CHILD...." THIS BOOK SHOULD BE A REQUIREMENT FOR EVERY COLLEGE STUDENT B/C IF EVERYONE TRULY UNDERSTOOD HOW, WHAT, WHY, ETC.....ABOUT THEIR INNER CHILD AND OTHER PEOPLE'S INNER CHILD..THIS WORLD WOULD HAVE SO MUCH HEALING AND FREEDOM TO BE AT PEACE, BE HAPPY, BE ACCEPTING AND LOVING OF THEMSELVES AND OTHERS. HIGHLY RECOMMEND FOR EVERYONE. I WISH THAT JOHN BRADSHAW WAS MY THERAPIST IN PERSON...

I just got the book and can't put it down. At the very beginning of the book, I was brought to tears and cried like a baby, when in one of the workshops they addressed writing a letter in your "inter child" format, to the one that had hurt you. So, I decided to write a letter to both my mom and dad separately. I addressed how I felt in my childhood that really hurt me to my core, and there were many. Of course, all this time I have tried to bury my childhood issues. I thought I had erased it from my memory. But time and time again those wounds continued to resurface. I thought that my Christianity would get me through this and heal me completely from my past. But, I still to this day, do not love myself, so I asked over and over as I prayed what is it, Lord, I'm crying out to you for help. God does answer prayers, and I pray that this book will be my break through!

A life changing book! One of the most important books I've ever read. The tremendous positive healing changes within me and in my life as a result of my own homecoming with my inner child, little Gary, have been unparalleled. I am now whole, integrated.. and never alone!

I have shared this book with people that I love deeply because I want them to experience the same joy and fulfillment that I have since reading Homecoming and participating in the activities outlined in this Homecoming. I'm so thankful for John Bradshaw sharing his personal experiences with the world. This book has set me free to be me, finally. Thank God!

Read it more than once. John inspired me to take 15 months of my life out to co-found and fund a successful spousal and child abuse prevention center. Powerful, enlightening, sometimes necessarily painful masterpiece.

VERY Powerful. As a matter of fact one of the most powerful books I've written, and doing the work

has opened my heart to a greater ability to connect with my wife and all people. BUT don't bother if you are just going to read the book. Be ready to do the meditations and visualizations, write letters and lists and really work it. Its worth it!

Any adult struggling with unresolved childhood baggage will truly find this book extremely valuable in beginning to identify and heal our "wounded " inner child! A must read for any childhood abuse survivors !

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