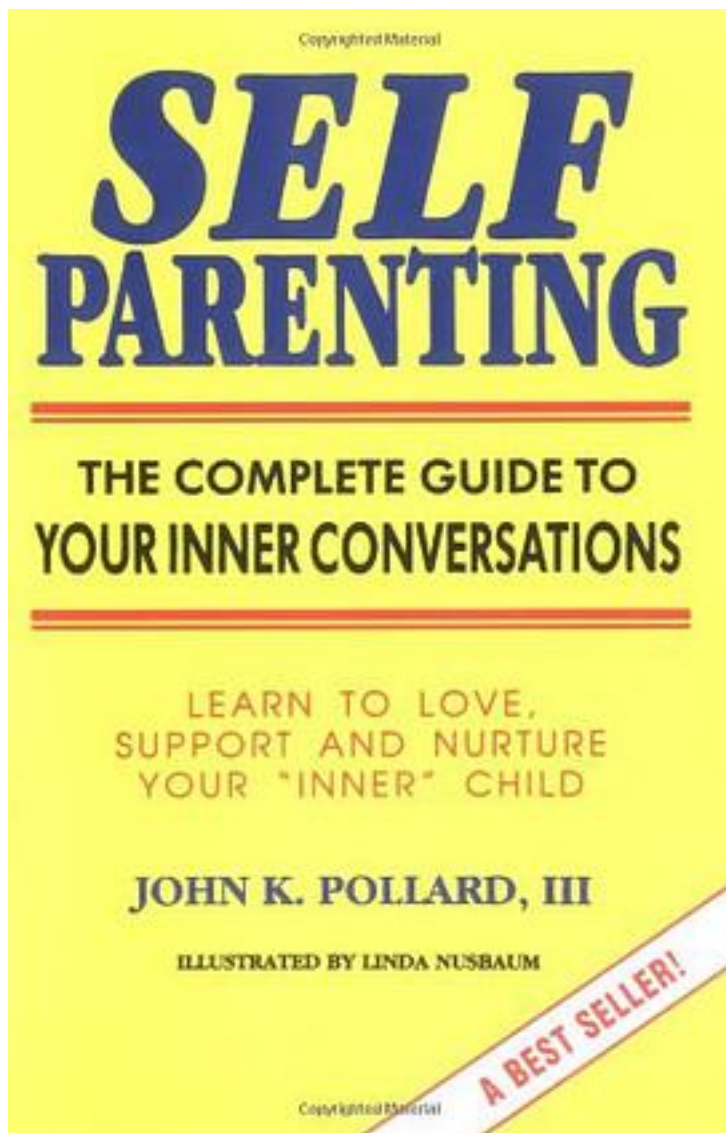


Self Parenting



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SELF-PARENTING: The Complete Guide to Your Inner Conversations is the classic and original how-to book defining the concept of "self-parenting." Many of us grew up within a parental environment that did not support our childhood needs for love, support, and nurturing. As adults, we mentally continue the same patterns as an "Inner Parent" that left us feeling alone and abandoned as a child. By beginning the daily practice of positive Self-Parenting, the negative outer parenting patterns taught as a child (and subsequently internalized as an adult) can be recognized and reversed. The foundation of the SELF-PARENTING is the daily practice of the Self-Parenting Exercises, a thirty-minute session of cognitive interaction between the Inner Parent and Inner Child. During these daily half-hour sessions Illustrated In the book, the reader learns how to love, support, and nurture his or her Inner Child as well as increase their awareness of the profound implications of their Inner Conversations in the "real world."

作者介绍:

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