

# A Gift

A Personal Workbook  
and Guide to  
the Bestselling  
*"Healing The  
Child Within"*



# To

# Myself

Charles L. Whitfield M.D.

A Gift to Myself: A Personal Workbook and Guide to Healing the Child Within, Charles L. Whitfield, HCI, 1990, 1558740422, 9781558740426, 260 pages. This is a gentle and effective workbook and guide to Healing the Child Within. It can be used with or without having already read Healing the Child Within. Using numerous experiential exercises that the reader can do at their own pace, physician and author Charles Whitfield takes us on a healing journey into our inner and outer life. Once a reader starts this book, the healing process begins -- even if they rarely do any of its exercises. One of the highlights of this book is the clear description of age regression, one of the most crucial concepts in healing and recovery..

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Healing the Child Within Discovery and Recovery for Adult Children of Dysfunctional Families, Charles L. Whitfield, 1987, Self-Help, 150 pages. Describes how the inner child is denied as a result of early trauma and loss, and how by recovering it we can heal the fear, confusion, and unhappiness of adult life..

Healing the Wounds of Childhood A Recovery Guide for Adult Children of Dysfunctional Families, Dennis J. McGuire, 1990, Health & Fitness, 176 pages. Explains how to resolve negative feelings and develop a more positive self image.

Reclaiming Your Self The Codependent's Recovery Plan, Brian DesRoches, Brian Desroches, Ph.D., Jan 1, 2000, Self-Help, 348 pages. .

Transforming the co-dependent woman , Sandy Bierig, 1991, Medical, 118 pages. Argues that women become prone to co-dependency because a dysfunctional society expects women to take care of the needs of others before their own needs.

The Complete ACOA Sourcebook Adult Children of Alcoholics at Home, at Work and in Love, Janet Geringer Woititz, 2002, Self-Help, 415 pages. A one-volume collection of Dr. Woititz's three previous works: 'Adult Children of Alcoholics', 'Struggle for Intimacy', and 'The Self-Sabotage Syndrome'..

Daily Affirmations For Adult Children of Alcoholics, Rokelle Lerner, 1985, Self-Help, 372 pages. Offers advice for the children of alcoholics on how to deal with emotional problems.

Boundaries and Relationships Knowing, Protecting and Enjoying the Self, Charles L. Whitfield, 1993, Family & Relationships, 265 pages. A renowned psychotherapist explores healthy and unhealthy relationships and personal boundaries, with self-assessment tests, descriptions of ten types of human interaction, and ....

Diagnostic and statistical manual of mental disorders , American Psychiatric Association. Committee on Nomenclature and Statistics, 1968, Mental illness, 119 pages. .

Wisdom to Know the Difference: Core Issues in Relationships, Recovery and Living , Charles L. Whitfield, 2012, Family & Relationships, 338 pages. Wisdom to Know the Difference. This book addresses in detail these common Core Issues in Relationships, Recovery and Living, how they come about and choices and solutions to ....

Co-dependence Healing the Human Condition : the New Paradigm for Helping Professionals and People in Recovery, Charles L. Whitfield, 1991, Self-Help, 327 pages. At last: a concise and stimulating book with all the essential features and more about the nearly universal condition of co-dependence. Bestselling author Dr. Charles Whitfield ....

The Deep Healing Process A Quick Guide for Those Who Dare, Bruce Bibee, 2005, Self-Help, 200 pages. The forbidding, deep unconscious is a less forbidding place with Bruce Bibee to shine a light on what's there. For those who must heal, this 'guidebook' is a necessity..

Becoming your own parent the solution for adult children of alcoholic and other dysfunctional

families, Dennis Wholey, Mar 1, 1990, Self-Help, 285 pages. Explains how alcoholism in a parent can distort a childhood and shows how adults can recreate the nurturing they missed as children.

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<http://jabotab.files.wordpress.com/2013/12/i9o05m.pdf>