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Homecoming: Reclaiming and Healing Your Inner Child ... The first half of the book is terrific and very eye-opening, and mind opening. The second half of the book is good if you want to actually follow along and practice all of the procedures. John Bradshaw (author)

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Homecoming: Reclaiming And Championing Your Inner Child By

John Bradshaw, author of "Homecoming: Reclaiming and Healing Your Inner Child," says that we can find our inner child by writing a letter to the person we hold responsible for our childhood wounds and tell them why we felt hurt. However, living in a negative past that cannot be changed is what can lead down a hole to depression. Don't go ...

Childhood Trauma: How to Heal And Move On

Here is the first of a few excerpts from Bradshaw On: Homecoming...Reclaiming and Championing Your Inner Child. I hope you enjoy it.

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