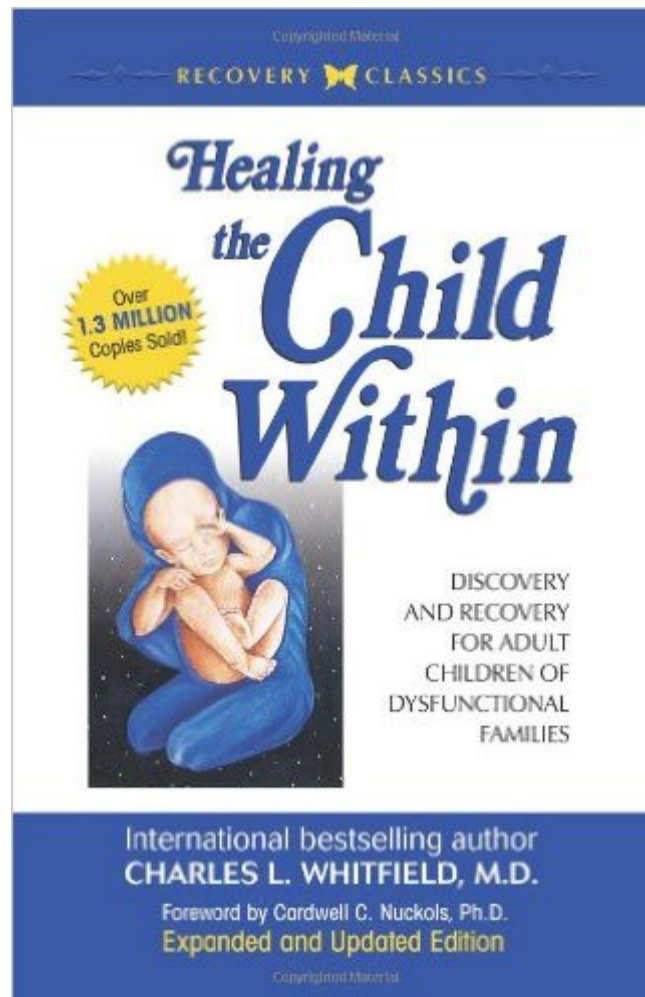


The book was found

Healing The Child Within: Discovery And Recovery For Adult Children Of Dysfunctional Families



Synopsis

Have you ever heard of your inner child? Well, this is the classic book that started it all. In 1987, Charlie Whitfield's breakthrough concept of the child within "that part of us which is truly alive, energetic, creative and fulfilled" launched the inner child movement. *Healing the Child Within* describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion and unhappiness of adult life. Eighteen years and more than a million copies sold later, *Healing the Child Within* is a perennial selling classic in the field of psychology. And it is even more timely today than it was in 1987. Recent brain research, particularly on the effects of trauma on the brain of developing children, has supported Whitfield's intuitive understanding as a psychiatrist. About HCI Recovery Classics HCI's recovery backlist contains some of the most important and best-selling works in the recovery field. These books are still sought after today, selling more than 100,000 copies per year. Our new line of branded books features expanded editions of our top recovery titles, new introductions, updates on pertinent recent developments in the field, and contemporary new covers and packaging.

Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (198 customer reviews)

Best Sellers Rank: #7,676 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics](#) #11 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #24 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#)

Customer Reviews

Most books on dysfunctional families assume alcoholism and/or drug abuse. There isn't much literature that addresses the problem of family disfunction recognising that symptoms/causes can manifest in other ways. The parental conditions he lists that tend to stifle the child within are: chemical dependence; co-dependence; chronic mental illness or disabling physical illness; extreme

rigidity, punitiveness, judgementalness, non-loving, perfectionism, or inadequacy; child abuse--physical, sexual, mental-emotional and/or spiritual; denial of feelings of reality. Spiritually abused adult children, even if no physical abuse ever occurred in conjunction, tend to have experienced co-dependence (boundaries are crossed and roles are mixed up in unhealthy ways), rigidity, judgementalness, perfectionism, and denial of feelings of reality, in addition to the description he gives for mental/emotional/spiritual abuse. He develops a hierarchical list of 20 human needs, drawing from Maslov, Miller, Weil, and Glasser, and develops the concept that in order for a human being to be whole and healthy and ready to follow a truly spiritual path, these needs must first be met, in order of most basic to highest potential. Most basic, of course, survival and safety; highest potential is unconditional love (including connection with a Higher Power.) He explains the cycle of shame and low self esteem, and maps how healthy boundaries are crossed by all in a shame based family. He describes the role of Post Traumatic Stress Disorder (PTSD), and its treatment.

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