



The Inner Child Workbook: What to do with your past when it just won't go away

Cathryn L. Taylor

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This book is designed as a gentle, step-by-step guide for re-parenting the inner child during the first seven stages of life: as an infant, a toddler, a young child, a grade school child, a young teen, a young adolescent, and a young adult. Using a wide range of tools to do this inner work, the reader is led to explore the issues of grief, shame, and loss at each of the seven stages.

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