



Healing the Wounds of Childhood: A psychologist's journey and discoveries from w

Don St John

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This is a groundbreaking book. Throughout his infancy and childhood, the author suffered severe physical and emotional abuse. He shares his personal journey and the disciplines, treatments and practices that enabled him to overcome the effects of severe maltreatment.

He studied as a professional each of these disciplines and treatments that helped him as a patient. Along the way Dr. St John had some life altering insights, such as:

- “Normal” is not nearly good enough.
- We have all been wounded to some degree or other.
- Most of can increase our ability to receive and absorb love.
- We can enjoy more life-giving love connections.
- We can improve our resilience, deal more effectively with stress, experience better health.
- We can expand our sense of who we are. -Because our bodies are mostly water, we can heal the deepest wounds to our psyche and go beyond what we can even imagine.

To make such changes we must address ourselves as a whole, which means not only our psyches, our personalities, our belief structure, our relationship capacities, but the fluids, tissues, structure and movement of our bodies as well. We are whole organisms, not just bodies with a mind.

Healing the Wounds of Childhood tells the reader where to look if she wants to grow into her full potential for good health and beautiful intimate relationships. Most self-help books focus on one area such as the brain, or communication skills. Healing the Wounds of Childhood provides the big picture.

This alone would make this a unique book. However, the book is sprinkled with autobiographical material, lending a very human story to this holistic presentation.

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James Ellis:

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Robert Dunham:

Playing with family in a very park, coming to see the sea world or hanging out with buddies is thing that usually you could have done when you have spare time, subsequently why you don't try factor that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Healing the Wounds of Childhood: A psychologist's journey and discoveries from w, you may enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh occur its mind hangout guys. What? Still don't understand it, oh come on its referred to as reading friends.

Eric Sanders:

On this era which is the greater particular person or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you have to do is just spending your time very little but quite enough to have a look at some books. One of many books in the top list in your reading list is definitely Healing the Wounds of Childhood: A psychologist's journey and discoveries from w. This book and that is qualified as The Hungry Hills can get you closer in turning into precious person. By looking upwards and review this guide you can get many advantages.

Fred Scott:

What is your hobby? Have you heard this question when you got students? We believe that that question was given by teacher to their students. Many kinds of hobby, Every person has different hobby. Therefore you know that little person including reading or as looking at become their hobby. You need to know that reading is very important and book as to be the matter. Book is important thing to incorporate you knowledge, except your teacher or lecturer. You will find good news or update in relation to something by book. Amount types of books that can you go onto be your object. One of them is this Healing the Wounds of Childhood: A psychologist's journey and discoveries from w.

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