

[JOHN BRADSHAW INNER CHILD](#)



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John Bradshaw author Wikipedia

John Elliot Bradshaw (June 29, 1933 May 8, 2016) was an American educator, counselor, motivational speaker, and author who hosted a number of PBS television programs on topics such as addiction, recovery, codependency, and spirituality. Bradshaw was active in the self-help movement, and was credited with popularizing such ideas as the "wounded inner child" and the dysfunctional family.

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Inner Child Work 4 Healing Techniques to Rediscover Your

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