



Healing the Inner Child: What You Need to Know about Spiritual Emotional Freedom

By Chan Lee

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Is the fact that you would like to have a better life but just don't know how making your life difficult. maybe even miserable? Does it seem like you've tried everything in your power to figure it out? Whatever you are today is the outcome of your problems, strengths, habits and level of self-esteem. In every age, from birth to infant and child to adolescent, you have met distinct challenges. If the people around you raised you in a natural and healthy way, you will turn out into a well-balanced and strong individual. However, if your youthful experiences are filled with traumas and problems, these past incidents will extremely affect the way you are today. To understand this topic, you have to understand the concept of inner child.



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