



Living Whole: A Guide Book for Your Inner Child (Paperback)

By Linda Newlin

Luna Madre Inc., United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. This colorful Guide Book is a journey for your inner child to reclaim your wholeness, your gifts and practice healthy life skills including validation, resilience, boundary setting, naming feelings, visioning, compassion, forgiveness, centering, non-violent communication, health, balance and self love. Discover who you truly are and give yourself permission to shine your unique light in the world. The psychological and scientific foundations of this book come from: Eco- psychology, Neuroscience, Environmental Stewardship, Somatics and Resilience, Meditation and Mindfulness, Positive Psychology, Non-Violent Communication and the Hoffman Quadrinity Process. Give your unique gifts that only you can bring to the world as YOU. The companion validation journal called BEING WHOLE is a practice tool to ground you in a new way to live your whole life focusing on what you do well and owning your feelings and experiences.



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