

<<Claim Your Inner Gro>>

图书基本信息

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内容概要

A much-needed antidote to the indulgent trends of recent years, Claim Your Inner Grown-up will help us become authentic adults without losing the innocence, freedom, and wonder that are also an integral part of our psychological makeup and help make us who we are. Many books have been written about our inner child. In Claim Your Inner Grown-up, psychotherapist Ashley Davis Prend stands this cultural phenomenon on its head by offering a revolutionary four-pillar program that dares us to become adults. Claim Your Inner Grown-up shows us how we can develop and improve our lives by becoming more mature, loving, responsible, and spiritual. By incorporating the four-step DARE thought system into our lives (Detach, Aware, Reorient, Enact), we can become happier and more productive in the long term. Prend's unique, liberating approach helps us to develop a solid sense of self without giving up the positive qualities that also distinguish us as individuals. In this wise, compassionate handbook, you'll read about:

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书籍目录

AcknowledgmentsIntroductionPart :Your Inner Child One. The Beauty of Your Child Two. When Your Inner Child Becomes a Problem ChildPart :Your Inner Grown-up Three. The Road to Authententic Adulthood Four. The Four-Pillar Program Five. Pillar —To Dream the Responsible Dream Six. Pillar—From Here to Maturity Seven. Pillar —All You Need Is Love Eight. Pillar —Stairways to HeavenPart :The Best of Both Nine. Integrating Your Inner Child and Your Inner Grown-upAfterwordSources and Resources Index

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