

Céline Tran

*Le petit livre pour
prendre soin de
son enfant intérieur*



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Taking Care of Your Inner Child

Author: Céline Tran

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A clear, comprehensive guide to making peace with your past and taking care of your inner child.

In psychology, the notion of the "inner child" refers to an infantile part present within each adult. These are the imprints of the past, received from parents and significant adults. A wounded inner child can manifest itself in adulthood in various ways: fear of abandonment, lack of self-confidence, excessive tendency to worry, emotional dependence, hyperfragility, etc. That is why it is important to become aware of your childhood wounds and to take care of your inner child. This little book gives readers some food for thought and practical exercises to free themselves from obsolete patterns and find the path to serenity.

Sales in France: 5,500 copies