



Gifts From the Child Within, 1st Edition

Barbara Sinor

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Gifts From the Child Within brings a refreshing approach to guiding its reader to understanding the initial or underlying basis to their emotional suffering due to past childhood trauma. This recovery book is geared toward both professional and layperson. Its pages are filled with offerings from psychological, physiological, and spiritual perspectives which takes the reader on a journey into the soul. It is written with sensitivity and clarity inviting the reader to search within for healing.

As the author shares her own journey of childhood abuse, the reader is asked to address issues surrounding physical, mental, spiritual, and sexual abuse. Instructions are captured to guide one toward reaching for their own child within; releasing negative emotions; re-creating outdated childhood beliefs; and, to recognize the gifts the inner child has for us.

The process of **Re-Creation Therapy(tm)** is introduced by the author allowing the reader who follows its guidance to reap the effects of gradual changes in self-awareness which lead to a greater understanding of the psychodynamics the child within plays in the adult life. Included are a series of healing visualizations and autohypnosis suggestions; blank journal pages; and sample affirmations following each chapter.

What Experts Say About *Gifts From The Child Within*

"This is indeed a valuable self-help book and a tool for the Counselor, Hypnotherapist, Minister, Psychotherapist, or Clinician. I assure you, the world will look much brighter after you read this book." -- Lavona Stillman, PhD, CC, HT

"Barbara Sinor has written a book that will help the violated and traumatized child within to heal. *Gifts From The Child Within* helps guide survivors with repressed memories of trauma, as well as those with current memories of incest, through the healing process." Marilyn Van Derbur, Miss America 1958, Founder: Survivor's United Network

"Barbara Sinor has bridged the gap for clients and therapists alike between the mere discovery of the inner child and the building of a true relationship with this most important being within. *Gifts From The Child Within* is an important and highly readable work." Rick Boyes, M. Coun, CHT, Author *A Body To Die For*

"*Gifts From The Child Within* is a wonderful book that takes the reader on a journey into the soul. Flowing and readable, this book is filled with stories, myths, information, and revelation." Marilyn Gordon, CHT, Author, *Healing is Remembering Who You Are*

For more information: see www.DrSinor.com

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William McDowell:

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