



Inner Bonding: Becoming a Loving Adult to Your Inner Child

By Margaret Paul

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Inner bonding is the process of connecting our adult thoughts with our instinctual, gut feelings—the feelings of the "inner child"—so that we can minimize painful conflict within ourselves. Free of inner conflict, we feel peaceful, open to joy, and open to giving and receiving love.

Margaret Paul, coauthor of *Healing Your Aloneness*, explores how abandonment of the inner child leads to increasingly negative and destructive feelings of low self-worth, codependence, addiction, shame, powerlessness, and withdrawal from relationships. Her breakthrough inner bonding process teaches us to heal past wounds through reparenting and clearly demonstrates how we can learn to parent in the present. Real-life examples illustrate the dynamics of the healing process and show the benefits we can expect in every facet of our lives and in all our relationships.

Inner Bonding provides the tools we need to forge and maintain the inner unity that makes our family, sexual, work, and social relationships productive, honest, and joyful.

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Inner Bonding: Becoming a Loving Adult to Your Inner Child By Margaret Paul Bibliography

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Editorial Review

From Library Journal

This work teaches us to connect our inner adult (logical conscious mind) with our inner child (instinctual or gut feelings) so that we may live conflict-free lives. Paul has worked extensively with this form of psychotherapy, which she calls inner bonding, and is the author of several books on the subject. Through loving behavior and acknowledgment of that "voice" within ourselves, the author claims that we can satisfy our own needs and not be totally dependent on others for happiness. She gives examples through her counseling work with those who want better family, marital, social, and work relationships and encourages outside help for special problems such as alcoholism, sex addiction, and codependency. This is a very helpful book for both individuals and couples who want to learn how to acknowledge their inner needs and address fears and false beliefs that often stem from childhood. Recommended for large self-help and therapy collections.

- *Demetria A. Harvin, "Hospital Medicine," New York*

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Review

"A surprisingly powerful process! It teaches us to meet our innermost needs." GERALD G. JAMPOLSKY, M.D., author of *Love Is Letting Go of Fear*

"The system discussed in this book will supply you with the most loving, dependable, supportive friend you'll ever have yourself. What a joy to know you're not alone anymore." LINDSAY WAGNER, actress and co-author of *The High Road to Health*

"A wake-up call to the most exciting miracle of the universe: your life." PETER AND LYNDA GUBER, film producers

"Inner Bonding is a powerful book for anyone interested in quality relationships. It offers practical tools, not just theory, to help us reach inside and heal those deep problems and addictions that have held us back for so many years." THOMAS CRUM, author of *The Magic of Conflict*

"Inner Bonding is a welcome addition..... It gives us a pragmatic, solution-oriented framework for resolving inner conflict." -STEPHANIE COVINGTON, PH.D., clinical consultant and author of *Awakening Your Sexuality* -- *Endorsements*

"Margaret Paul offers us a simple and very effective tool for healing our inner upsets and quieting the confusion in our minds. I recommend that you use this valuable tool daily on your path to wholeness." SUSAN JEFFERS, PH.D., *Feel the Fear and Do It Anyway*, and *Dare to Connect*

"This special book will be deeply appreciated by anyone wishing to heal, love, and grow. Every page has valuable insights and strategies to enrich your life and all your relationships. Reading this book is a healing experience." -HAROLD H. BLOOMFIELD, M.D., author of *Making Peace with Your Parents and Making Peace with Yourself* -- *Endorsements*

About the Author

Margaret Paul, Ph.D., is a psychotherapist and the coauthor of *Free to Love, Do I Have to Give Up Me to Be Loved By You?, From Conflict to Caring*, and *If You Really Loved Me*.

Users Review

From reader reviews:

Kelly Watson:

Now a day individuals who Living in the era just where everything reachable by interact with the internet and the resources inside can be true or not require people to be aware of each information they get. How many people to be smart in acquiring any information nowadays? Of course the answer then is reading a book. Looking at a book can help men and women out of this uncertainty Information especially this Inner Bonding: Becoming a Loving Adult to Your Inner Child book as this book offers you rich information and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it you probably know this.

Kerry Diaz:

The particular book Inner Bonding: Becoming a Loving Adult to Your Inner Child will bring someone to the new experience of reading some sort of book. The author style to explain the idea is very unique. Should you try to find new book to study, this book very suitable to you. The book Inner Bonding: Becoming a Loving Adult to Your Inner Child is much recommended to you to read. You can also get the e-book from your official web site, so you can easier to read the book.

Rosa Nguyen:

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