



## Homecoming: Reclaiming and Championing Your Inner Child

By John Bradshaw

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### Homecoming: Reclaiming and Championing Your Inner Child By John Bradshaw

Are you outwardly successful but inwardly do you feel like a big kid? Do you aspire to be a loving parent but all too often “lose it” in hurtful ways? Do you crave intimacy but sometimes wonder if it’s worth the struggle? Or are you plagued by constant vague feelings of anxiety or depression?

If any of this sounds familiar, you may be experiencing the hidden but damaging effects of a painful childhood—carrying within you a “wounded inner child” that is crying out for attention and healing.

In this powerful book, John Bradshaw shows how we can learn to nurture that inner child, in essence offering ourselves the good parenting we needed and longed for. Through a step-by-step process of exploring the unfinished business of each developmental stage, we can break away from destructive family rules and roles and free ourselves to live responsibly in the present. Then, says Bradshaw, the healed inner child becomes a source of vitality, enabling us to find new joy and energy in living.

**Homecoming** includes a wealth of unique case histories and interactive techniques, including questionnaires, letter-writing to the inner child, guided meditations, and affirmations. Pioneering when introduced, these classic therapies are now being validated by new discoveries in attachment research and neuroscience. No one has ever brought them to a popular audience more effectively and inspiringly than John Bradshaw.

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### Editorial Review

#### Review

John Bradshaw's work did me immense good...I think he is a genius. Billy Connolly

#### About the Author

John Bradshaw was educated for the Roman Catholic priesthood and took advanced degrees in psychology, philosophy, and theology before becoming a professional counselor. He is the author of such major bestsellers as **Family Secrets, Healing the Shame That Binds You, Homecoming, and Creating Love**. He lives in Houston, Texas, and gives lectures and workshops nationwide.

#### From [AudioFile](#)

Listeners may need a few minutes to get past Bradshaw's pronounced twang. Once over this hurdle, one is captivated by his mission to heal the early hurts of wounded adults. He accomplishes this with a delivery that is genuine, sincere and confidence-building; his delivery varies from personal and comforting to expansive and comic. He provides moments for private meditation, as well as the feeling of a shared group experience. Except for one instance when a hokey angelic chorus enters, the choice of music is pleasant and unobtrusive. E.F.A. (c)AudioFile, Portland, Maine

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