



Healing Your Aloneness: Finding Love and Wholeness Through Your Inner Child

Margaret Paul, Erika J. Chopich

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Erika Chopich and Margaret Paul show how anyone can reconnect with his or her Inner Child to short-circuit self-destructive patterns, resolve fears and conflicts, and build satisfying relationships. *Healing Your Aloneness* outlines a self-healing process that can be used every day to restore a nurturing balance between loving Adult and loved Inner Child.

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