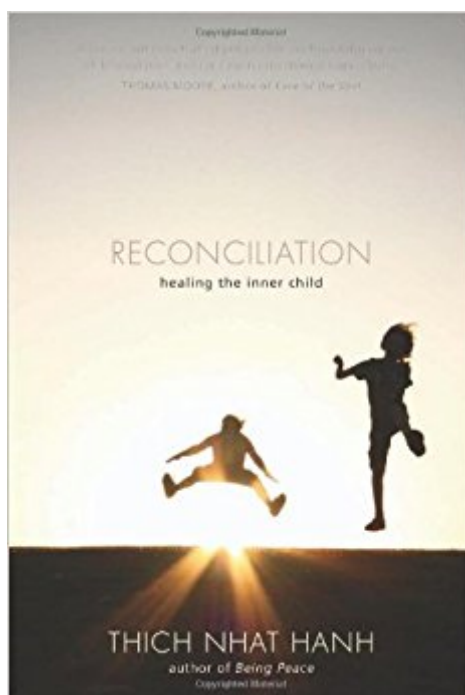


The book was found

Reconciliation: Healing The Inner Child



Synopsis

Based on Dharma talks by Zen Master Thich Nhat Hanh and insights from participants in retreats for healing the inner child, this book is an exciting contribution to the growing trend of using Buddhist practices to encourage mental health and wellness. Reconciliation focuses on the theme of mindful awareness of our emotions and healing our relationships, as well as meditations and exercises to acknowledge and transform the hurt that many of us experienced as children. The book shows how anger, sadness, and fear can become joy and tranquility by learning to breathe with, explore, meditate, and speak about our strong emotions. Reconciliation offers specific practices designed to bring healing and release for people suffering from childhood trauma. The book is written for a wide audience and accessible to people of all backgrounds and spiritual traditions.

Book Information

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Best Sellers Rank: #29,539 in Books (See Top 100 in Books) #34 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #207 in Books > Self-Help > Self-Esteem #234 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include Happiness and Peace Is Every Step. He lives in Plum Village in southwest France, where he gardens, writes, and teaches the art of mindful living.

If Donald Trump read this, America would be a better place. Wonderful book that exposes the most sacred truths of every Religion or spiritual path. Absolutely essential for understanding oneself.

I can't recommend this simple book highly enough. I've given it to several friends now. I can't think of a person who can't benefit in some way from the reminders of how truly interconnected we are to all

that has come before us, how to grow our compassion for those who cause suffering, and how we can be an ongoing source of healing for ourselves and others. It's important to do some of the exercises, as well as reading the book. EnJOY!

In the simplest terms, Thich Nhat Hanh reminds us of what is important and how we can move into healing our deepest wounds. The words themselves reflect the kindness and warmth he encourages us to bring to ourselves and our lives, while making it clear that our wounded child has the benefit of the adult reading this book now and therefore all that one needs to let go of what still hinders us from our pasts.

I have read several of Thich Nhat Hanh teachings and just like the others, I thoroughly enjoyed this book. His writings speak so much wisdom and explained simply and clear. I recommend his books ALL the time to family, friends and casual book conversations I have with strangers!

I practiced Buddhism earlier in my life. Unfortunately as an alcohol abuser I couldn't learn to trust the teachings or the teacher. I turned my back but couldn't forget it. Now trying to maintain my recovery, I found the instructions in the book to show promise towards helping me to quit beating myself up while still understanding the world does not revolve around me. Deceptively simple, very hard after a lifetime of lying to myself.

This book is a beautiful tool for helping those with childhood wounds to embrace, accept, transform, and heal. Simply written, yet with a very powerful message.

When I was a child, all I wanted was to grow up. I wanted to dress like my mom, a professional wearing vests and having my hair done like hers. Ordering off the adult menu, moving out and so on. I was so focused on being an adult, that I really didn't cherish being a child. I know that I have repressed my inner child, not indulging myself in being silly even! Well, this book is wonderful. Tips to connect with your inner child, without feeling like you have to do anything you don't want to do. He recommends but doesn't demand in any of the steps he offers to help us reconnect with ourselves. Not a huge book but worth the read!

A beautiful and different perspective on healing trauma that was passed down to you from a dysfunctional family. Unlike other books I have read on the topic. Only reason I didn't give it 5 was

that it was somewhat repetitive... but then again, it takes a lot of repetition of healthy positive messages to replace the old negative ones, so it didn't bother me.

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