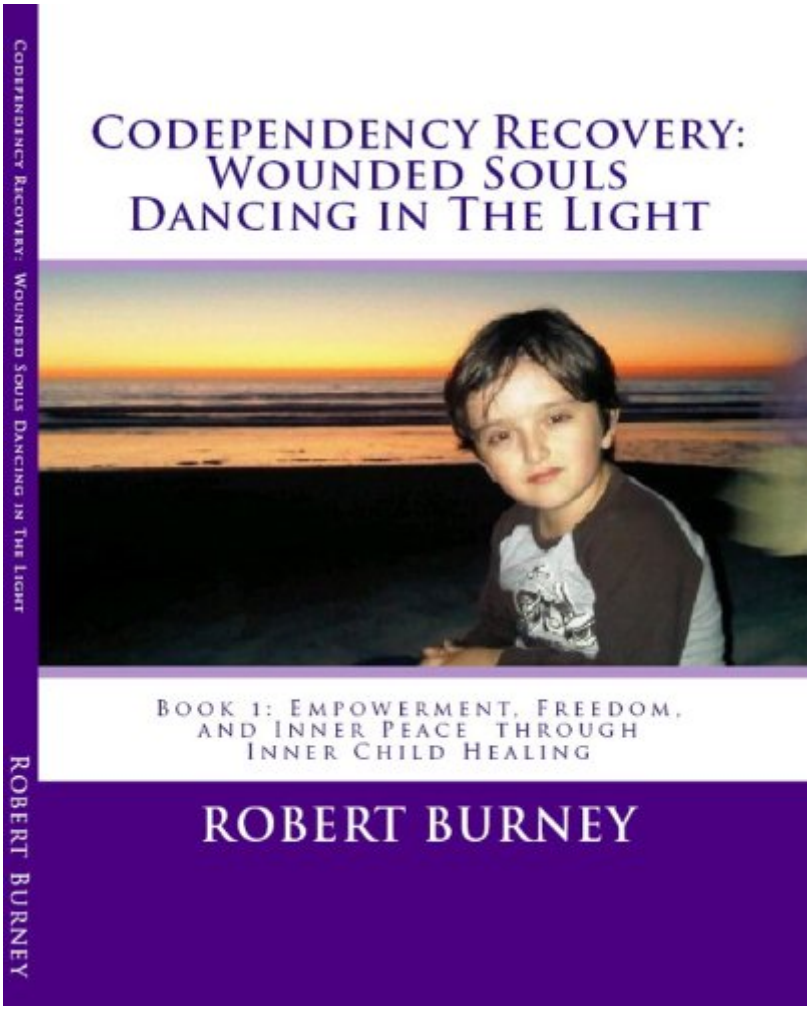
The book was found

Codependency Recovery: Wounded Souls Dancing In The Light



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

This was a process level - how to - book about the inner child healing approach discovered by Robert Burney in his recovery from codependency. It is a follow up to his book Codependence: The Dance of Wounded Souls which has been described as one of the most transformational books of our times - and as taking inner child healing to a new level. This compilation of writings from his website is about healing. It contains tools, techniques, and insights into the healing process that work in a powerful, effective way to change the quality of the individuals life experience for the better. They work because they help the individual to align with the way life really works instead of expecting it to be something which it is not.The approach to healing detailed on these pages is one which has evolved in his personal recovery since January 3, 1984 and in his counseling practice since 1990. He was guided to discover and develop an approach to inner child healing that offers a powerful, life-changing formula for integrating Love, Spiritual Truth, and intellectual knowledge of healthy behavior into one's emotional experience of life - a blueprint for individuals to transform their core relationship with self and life.The approach to inner child / emotional healing shared herein is the missing piece - the missing perspective - of the puzzle of life that so many people have been seeking. This formula is the key to learning how to be more Loving to your self - and to turning life into an adventure to be experienced instead of an ordeal of suffering to be endured.It is possible to feel the feelings without being the victim of them or victimizing others with them. It is possible to change the way you think so that your mind is no longer your worst enemy. It is possible to become empowered to have choices in life at the same time you are letting go of trying to be in control. Life can be an exciting, enjoyable adventure if you stop reacting to it out of your childhood emotional wounds and attitudes.The tools and techniques, insights and beliefs, set out in this book work. They work to support the idea that each and every one of us is Lovable and worthy. They work to help change life from an unbearable ordeal to a often enjoyable adventure. Try it - you might find it works for you also.

Book Information

File Size: 499 KB

Print Length: 180 pages

Simultaneous Device Usage: Unlimited

Publisher: Joy to You & Me Enterprises (July 13, 2011)

Publication Date: July 13, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B005CPD7L2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #342,858 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40 inÂ Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Inner Child #45 inÂ Books > Self-Help > Inner Child #168 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Codependency

Customer Reviews

I bought both Roberts workbook & book. I didn't realize what coda nor acao was all about. I was a very injured adult child, that dealt with life as she was taught. Drinking & suicide. I had no more hope. Robert introduced these to me ... Reading his book & taking it a step further to join these 12 steps programs has changed the quality of my life, in fact saved my life. Thank you Robert for hope again

There is only one way the world can possibly heal and that is if every individual were to truely understand the dynamic and complexity of our own inner child and how this Phenomenon controls the direction of our lives. This book gives us as individuals the oppotunity to know ourselves like never before. Priceless.

I was already a keen follower of Robert through his 'Wounded Souls' book and when this one arrived, I couldn't put it down. After reading this, I connected with Robert on Facebook and also spent 6 months in skype therapy with him. All were very worthwhile.

Robert really walks the talk, and shares with us all so generously, to enable us to take the steps which help us grow. I am so grateful to him, may his work continue long and successfully in the future

Robert Burney continues to provide outstanding guidance for those recovering from Codependence.

His perspective is real, human and totally accurate. His approach to doing the healing works and makes sense. I fully endorse his work.

Excellent book, very easy to understand,would definitely recommend it to anyone who has the similar issues. I ould also recommend his website, it entwines with his book as well.

Excellent work book for working in the co-occuring field.I have used this book for at least three clients who loved the book!

Best book I've read on co-dependency as Robert Burney introduces the spiritual aspect, teaching us to love and respect ourselves as no other book I've read.

Download to continue reading...

Codependency Recovery: Wounded Souls Dancing in The Light: Book 1: Empowerment, Freedom, and Inner Peace through Inner Child Healing Codependency Recovery: Wounded Souls Dancing in The Light Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Codependence: The Dance of Wounded Souls "A Cosmic Perspective of Codependence and the Human Condition" Stop Spinning, Start Breathing: A Codependency Workbook for Narcissist Abuse Recovery Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) A Cry from the Womb: Healing the Heart of the World: A Guide to Healing and Helping Souls Return to the Light After Sudden Death, Miscarriage, Stillbirth or Abortion Conquering Shame and Codependency: 8 Steps to Freeing the True You The New Codependency: Help and Guidance for Today's Generation Codependency For Dummies Codependent No More & Beyond Codependency CODEPENDENCY: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Enabling, Mind Control, Emotional Health & Happiness) Boundaries: Line Between Right And Wrong (Mental Illness, Codependency, Narcissism, Personality Disorders, Psychopath, Borderline, Mood Disorders) End Codependency: Train Your Brain to Let Go with Self-Hypnosis, Meditation and Affirmations Celebrate Recovery Updated Leader's Guide: A Recovery Program Based on Eight Principles from the Beatitudes BACKUP & RECOVERY SPECIALIST, DATA BACKUP & DISASTER RECOVERY ENGINEER: FORMULAS, PRINCIPLES & REFERENCES: JUST IN TIME REVISION GUIDE FOR SUCCESS AT ANY BACKUP ADMINISTRATOR JOB INTERVIEW Recovery Essays: Narcotics, Addiction,

Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Taking Charge of Your Stroke Recovery: A Personal Recovery Workbook Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (Recovery Classics Edition)

Dmca