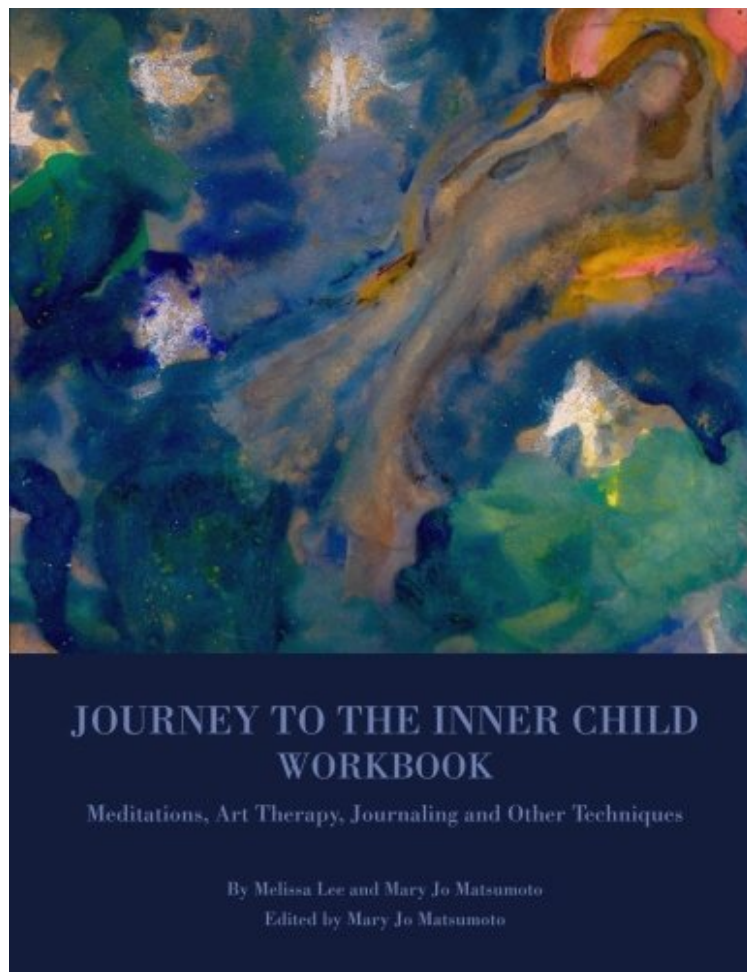


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Journey to the Inner Child Workbook: Meditations, Art Therapy, Journaling and Other Techniques

Melissa Lee, Mary Jo Matsumoto

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The struggles we encounter as adults in all areas of our lives come directly from unresolved childhood pain that still resides deep within us. Journey to the Inner Child Workbook shows you how to navigate back to your inner child and connect with all the feelings and memories that created the pain that you still carry as an adult. By doing this you free

yourself from long held belief patterns of self judgment and self punishment. You will then have the ability to accept and grieve the pain you have carried deep within you since childhood. Presence and intention will become the guiding forces in your life thru this process.