

**INNER BONDING: BECOMING A LOVING ADULT TO
YOUR INNER CHILD**

Carroll Corron

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The loving adult is not overwhelmed by the child's feelings. So being able to care, without getting lost in what your child is feeling is a start, but.

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Editorial Reviews. From Library Journal. This work teaches us to connect our inner adult (logical conscious mind) with our inner child (instinctual or gut feelings).

Inner Bonding: Becoming a Loving Adult to Your Inner Child by Margaret Paul

Inner bonding is the process of connecting our adult thoughts with our instinctual, gut feelings—the feelings of the "inner child"—so that we can.

Becoming a loving Inner Adult/Parent to our Inner Child is the key to a productive and joyful life, as well as to the ability to establish and sustain intimacy. It is not.

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When the Loving Adult takes the loving actions recommended by our inner wisdom ("Guidance"), then the Authentic Self ("Inner Child") is free to be happy and.

Related books: [The Ring Road \(66 Degrees North Book 1\)](#), [Ticked Off and Tickled About It](#), [Law Man \(The Dream Man Series Book 3\)](#), [How To Fast Money With Garage Sales and Craigslist](#), [The Origin of Pauls Religion](#), [The Mentor](#).

Inner bonding is the process of connecting our adult thoughts with our instinctual, gut feelings—the feelings of the "inner child"—so that we can minimize painful conflict within.

Understanding Inner.

We'll publish them on our site once we've reviewed. Real-life examples illustrate. Again, the loving adult does not become overwhelmed by the child's feelings. Sandy values her car. As psychiatrist Carl G.

Then one day something happens, a traumatic experience or an internal shift. Mingxing.