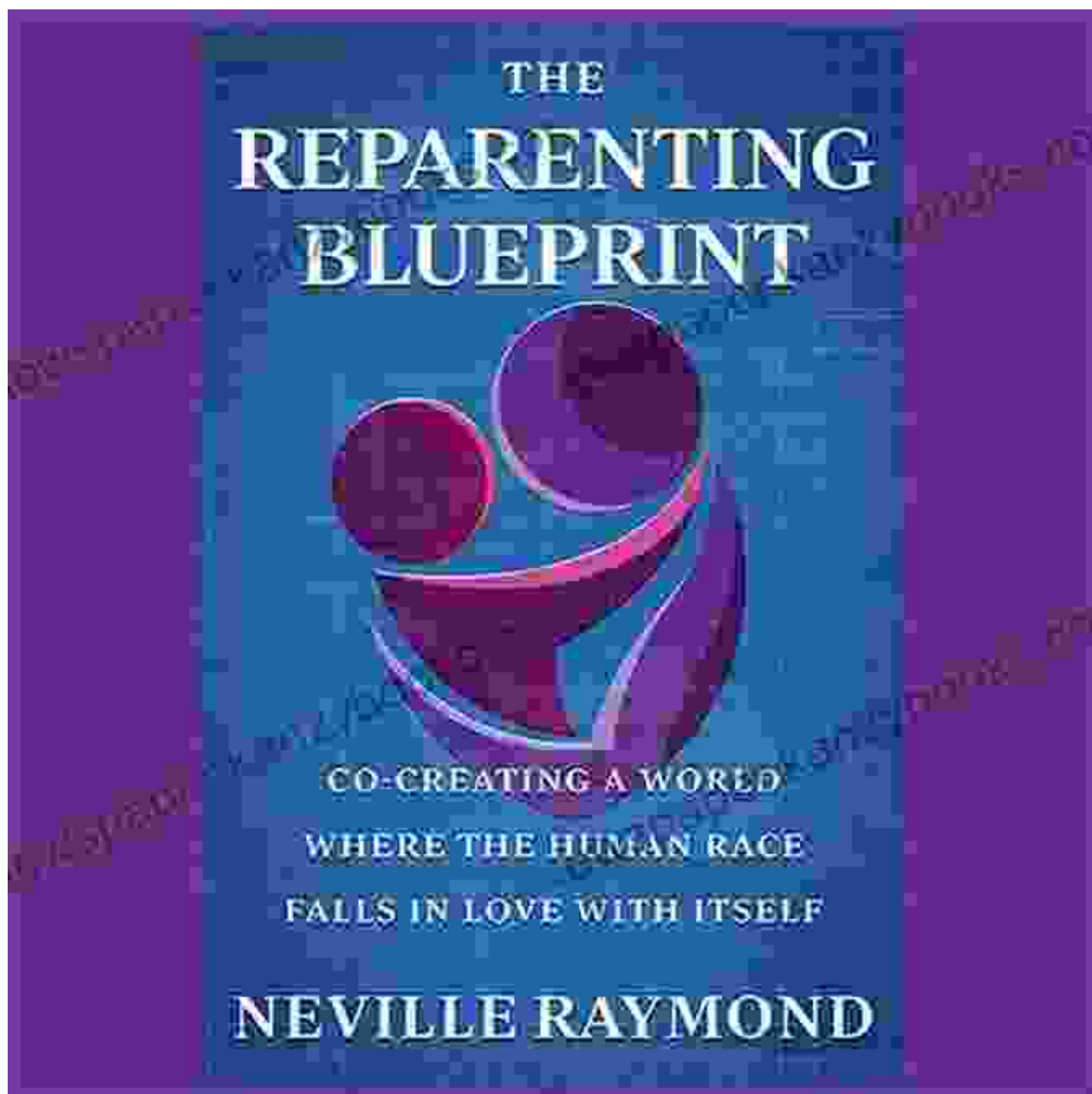


Unlock the Power of Healing with "Reparenting That Lasts: Little Little for Adult Children"



For adult children who experienced difficult or neglectful childhoods, the wounds of the past can linger long into adulthood, affecting relationships,

self-esteem, and overall well-being. "Reparenting That Lasts: Little Little for Adult Children" offers a compassionate and practical guide to break free from these patterns and reclaim your inner child's needs.



Reparenting That Lasts: Little Book 3 (Little Books for Adult Children) by Kathleen S. 12-Step Recovery

★★★★★ 5 out of 5

Language : English
File size : 3844 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 162 pages
Lending : Enabled



What is Reparenting?

Reparenting is a process of healing and self-nurturing where adult children create a safe and supportive environment for their inner child. By addressing the emotional wounds and unmet needs of the past, reparenting empowers individuals to break free from negative cycles and establish healthy relationships with themselves and others.

Little Little: A Gentle Approach to Reparenting

"Reparenting That Lasts" introduces the "Little Little" approach, a gentle and non-judgmental way to reparent. Little Little is a term of endearment that conveys compassion, understanding, and acceptance towards the inner child.

Through this approach, adult children are encouraged to:

- * Listen to their inner child's feelings and needs with empathy
- * Create a safe and nurturing environment within themselves
- * Provide the love and support that was missing in childhood
- * Gently challenge negative beliefs and behaviors

Key Features of the Book

- * **Comprehensive 12-Step Program:** A structured and supportive guide to reparenting, broken down into manageable steps.
- * **Real-Life Examples and Stories:** Relatable experiences from adult children who have successfully navigated the reparenting journey.
- * **Practical Exercises and Worksheets:** Interactive activities to help readers connect with their inner child and explore their needs.
- * **Professional Insights:** Expert advice and guidance from authors Eve Borgman and Tim Clissold, who have decades of experience working with adult children of dysfunctional families.
- * **Empowering Mindset:** Inspires readers to believe in their ability to heal and create a fulfilling life.

Benefits of Reparenting

- * **Improved Self-Esteem:** By acknowledging and nurturing their inner child, adult children can develop a stronger sense of self-worth.
- * **Healthy Relationships:** Breaking free from negative patterns allows for the establishment of healthier and more fulfilling relationships.
- * **Emotional Regulation:** Reparenting teaches coping mechanisms to manage emotions effectively, reducing the impact of past trauma.
- * **Personal Fulfillment:** By reclaiming their needs and desires, adult children can create a life that aligns with their true selves.
- * **Healing Intergenerational Trauma:** By addressing the wounds of the past, reparenting helps break

the cycle of dysfunction and promotes healthy outcomes for future generations.

Target Audience

"Reparenting That Lasts: Little Little for Adult Children" is essential reading for:

* Adult children who grew up in difficult or neglectful environments *
Professionals working with individuals with childhood trauma * Anyone
interested in personal growth and healing

About the Authors

Eve Borgman is a licensed clinical social worker specializing in family systems and trauma. Tim Clissold is a qualified family therapist and co-founder of the Little House Support Network, a non-profit organization dedicated to supporting adult children of dysfunctional families.

Free Download Your Copy Today

Take the first step towards healing and personal transformation with "Reparenting That Lasts: Little Little for Adult Children." Free Download your copy today and embark on a journey of self-discovery and lasting well-being.



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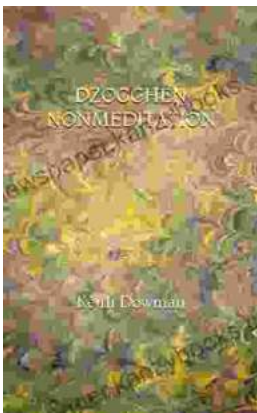
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