



The Inner Child Workbook (Inner Workbooks)

By Cathryn L. Taylor

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This book is designed as a gentle, step-by-step guide for re-parenting the inner child during the first seven stages of life: as an infant, a toddler, a young child, a grade school child, a young teen, a young adolescent, and a young adult. Using a wide range of tools to do this inner work, the reader is led to explore the issues of grief, shame, and loss at each of the seven stages.

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Editorial Review

About the Author

Cathryn L. Taylor, M.A., M.F.C.C., has worked for fifteen years as a therapist and teacher in all areas of recovery, including chemical dependency and eating disorders. She conducts workshops and has a private practice in the San Francisco Bay area.

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