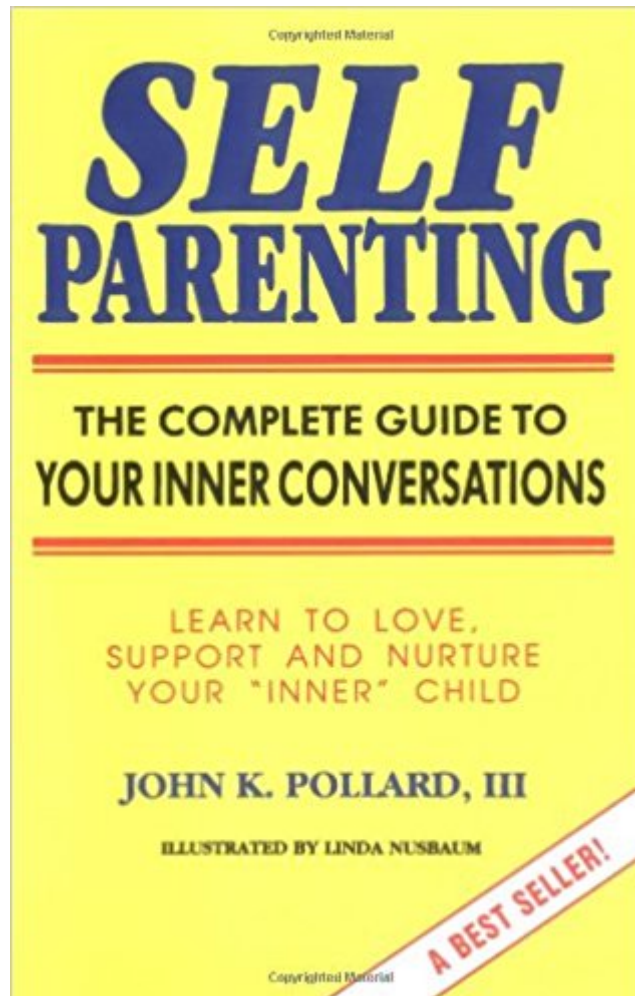




The book was found

Self Parenting: The Complete Guide To Your Inner Conversations



Synopsis

SELF-PARENTING: The Complete Guide to Your Inner Conversations is the classic and original how-to book defining the concept of "self-parenting." Many of us grew up within a parental environment that did not support our childhood needs for love, support, and nurturing. As adults, we mentally continue the same patterns as an "Inner Parent" that left us feeling alone and abandoned as a child. By beginning the daily practice of positive Self-Parenting, the negative outer parenting patterns taught as a child (and subsequently internalized as an adult) can be recognized and reversed. The foundation of the SELF-PARENTING is the daily practice of the Self-Parenting Exercises, a thirty-minute session of cognitive interaction between the Inner Parent and Inner Child. During these daily half-hour sessions Illustrated In the book, the reader learns how to love, support, and nurture his or her Inner Child as well as increase their awareness of the profound implications of their Inner Conversations in the "real world."

Book Information

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Customer Reviews

Wow. This is another classic book (the yellow book) by John K. Pollard. (The blue book is also amazing). This yellow book is all about hearing and understanding the inner conversations (that everybody has) within our minds. This simple, yet amazing, book will help you resolve your inner conflicts...through the inner parent and inner child that resides in all of us. After reading it, you will EASILY learn how to love yourself. Oftentimes, we ask ourselves, do I really love myself. Then, we learn that we do not even know how to define what it is to love ourselves. Questions like: What is an example of how I can love myself?? After reading this book, you will finally know how to love yourself. AMAZING!!!!!!

The information provided in Self-Parenting was written with great clarity, which makes this book easy to understand and use. The ideas conveyed here were also done with love and nurturing. Both my inner child and I LOVED the whimsy of the illustrations and large print. It's a very well-written book and a great tool. I've used this technique in the past and found it very helpful. I expect to get back to it in the near future.

Not only is this an easy read - I finished it in a 3-hour sitting - it's practical and easily applicable to one's daily life. This book shows you very practical ways to re-parent the child within, thereby showing yourself more love and compassion, which inevitably leads to greater self-esteem. As a Certified Hypnotherapist, I recommend this book to all my clients who have inner child issues...99% of my clients. Highly recommended read!

Greetings from Istanbul!! I've found about Self-Parenting (SP) about 323 days ago and today I've completed my 320th SP session (+ 10.5 months). I can easily and wholeheartedly say that my life is not the same since I learned about this profound technique. I consider myself very lucky and privileged to discover SP as well as to meet Dr John Pollard so early in my self-growth journey (5 years in total). If you really want to "change" yourself and your life, this is the best way that I have ever experienced! When you order "SELF-PARENTING: The Complete Guide To Your Inner Conversations" (ie yellow book) and "The Self-Parenting Program: Core Guidelines for the SELF-PARENTING Practitioner" (ie blue book), you don't only get these books but also a brand new and complete system called Self-Parenting Program. I feel Dr. Pollard's other book "How Relationships Work" would also complement this program to excellence. In a recent morning session my Inner Child has commented about this Self-Parenting Program as below: "Learn this, everyone! This is a new language, it is a bit hard to learn it but it is well worth the effort." "This is the best thing that has happened to me! It gave me a chance to express myself and to be heard by you whereas beforehand I was abandoned. I want to thank you for learning this new language" "Are you aware how special is this? I am savoring happiness, intimacy, and continuity (consistency) with this program." "As my Inner Child says it is a new but advanced language which promises you many positive changes that you could NOT have imagined beforehand in your life given you follow the program and its guidelines word by word. Or else you will be drawn in the raging river! Why do I find Dr Pollard's books and SPP so superior and advanced? First of all, here you are the captain of your life journey and self-discovery. You don't need anyone else in this life journey, only guidance to

check if you are at the right track. You finally realize that you "can" and "are" in charge of your own life and your Inner Child. You do actually become your own therapist. You gradually but surely become conscious of old programmings and conditionings acquired from parents, friends, schooling, culture etc and start to have your own natural self-parenting style that is democratic, loving and caring to your own Inner Child. As you accumulate more hours of SP sessions which I would describe as the intimate and nurturing setting for Inner Parent and Inner Child interaction, you start to expand this brand new style of treatment to your own Inner Child outside the sessions ie into real world. At some point you stop giving "automatic" or "learned" reactions but rather spontaneous responses irrelevant to past conditions and experiences. You don't specifically work on your outer relationships in SP sessions, yet your outer relations also automatically improve as you really start to love and care for your Inner Child. I would lastly say if you are really looking for a "permanent" and right (there are no short cuts here!) solution to your recurring personal problems, you need to read first the "SELF-PARENTING: The Complete Guide To Your Inner Conversations" If you are determined to stay within the rules of SPP and allocate daily 30 minutes to the most important relationship of your own life, you will find all the answers leading to a fulfilling and happy life first inside, then in outside world. Sibel

Good book.

I've been through many programs, that were all helpful in some way or another, however none of them can even accomplish what this little simple book teaches in a short 1.5 day read. Once you start the simple exercises, your inner life starts to unfold and you will start to realize how much you missed of what you really wanted in your life, but couldn't quite figure it out.

Pretty good book. I'm in my mid 30s and pretty familiar with psychology, and this book had genuinely new and helpful insights for me.

So far I like the book. I have started the exercises but I am only one week into them so I am not at the point yet where you figure out solutions. I think it will help me because I do feel I have conflicting inner dialogue going on.

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Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3)

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