



A Gift to Myself: A Personal Workbook and Guide to "Healing the Child Within"

By Charles L. Whitfield

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Using numerous experiential exercises that the reader can do at their own pace, physician and author Charles Whitfield takes us on a healing journey into our inner and outer life. Once a reader starts this book, the healing process begins -- even if they rarely do any of its exercises.

One of the highlights of this book is the clear description of age regression, one of the most crucial concepts in healing and recovery.

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Editorial Review

About the Author

Charles L. Whitfield, M.D., is a physician, psychotherapist, and internationally recognized expert on mental illness, behavioral problems, and recovery. He has been on the faculty of the Rutgers University Summer Institute of Alcohol and Drug Studies since 1978, and in private practice of medicine and psychotherapy since 1976. He has been voted by his peers as one of the Best Doctors in America every year since 1994. He lives in Atlanta, GA

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