

<<Claim Your Inner Gro>>

图书基本信息

书名：<<Claim Your Inner Grown-up(自我成熟)>>

13位ISBN编号：9780452282506

10位ISBN编号：0452282500

出版时间：2001-6

出版时间：第1版 (2001年6月1日)

作者：Ashley Davis Prend

页数：278

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

## <<Claim Your Inner Gro>>

### 内容概要

A much-needed antidote to the indulgent trends of recent years, Claim Your Inner Grown-up will help us become authentic adults without losing the innocence, freedom, and wonder that are also an integral part of our psychological makeup and help make us who we are. Many books have been written about our inner child. In Claim Your Inner Grown-up, psychotherapist Ashley Davis Prend stands this cultural phenomenon on its head by offering a revolutionary four-pillar program that dares us to become adults. Claim Your Inner Grown-up shows us how we can develop and improve our lives by becoming more mature, loving, responsible, and spiritual. By incorporating the four-step DARE thought system into our lives (Detach, Aware, Reorient, Enact), we can become happier and more productive in the long term. Prend's unique, liberating approach helps us to develop a solid sense of self without giving up the positive qualities that also distinguish us as individuals. In this wise, compassionate handbook, you'll read about:

<<Claim Your Inner Gro>>

书籍目录

Acknowledgments Introduction Part 1: Your Inner Child One. The Beauty of Your Child Two. When Your Inner Child Becomes a Problem Child Part 2: Your Inner Grown-up Three. The Road to Authentic Adulthood Four. The Four-Pillar Program Five. Pillar —To Dream the Responsible Dream Six. Pillar—From Here to Maturity Seven. Pillar —All You Need Is Love Eight. Pillar —Stairways to Heaven Part 3: The Best of Both Nine. Integrating Your Inner Child and Your Inner Grown-up Afterword Sources and Resources Index

<<Claim Your Inner Gro>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>