

SELF **PARENTING**

**THE COMPLETE GUIDE TO
YOUR INNER CONVERSATIONS**

LEARN TO LOVE,
SUPPORT, AND NURTURE
YOUR "INNER CHILD"

John K. Pollard, III

Illustrated by Linda Nusbaum

UPDATED MILLENNIAL EDITION!

Self Parenting Pollard

John K. Pollard



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Self-parenting John K. Pollard, 1987 *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. The SELF-PARENTING PROGRAM John K. Pollard, 1992-06

Core Guidelines for the Self Parenting Practitioner *SELF-Parenting For Life: Living A Lifetime from the SELF-Parenting Point of View* John K. Pollard, 2020 Dr Pollard, creator and author of the Self Parenting concept, provides a lifetime overview of insights and experience based on forty years of continuous daily practice of half hour sessions of conscious Self Parenting.

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Love Yourself, Heal Your Life Workbook Louise Hay, 1995-03-07 The *Love Yourself Heal Your Life Workbook* directly applies Louise's techniques of self love and positive thinking to a wide range of topics that affect us all on a daily basis, including health, fears and phobias, sex, self esteem, money and prosperity, friendship, addictive behavior, work and intimacy. As Louise says, "These exercises will give you new information about yourself. You will be able to make new

choices If you are willing then you can definitely create the kind of life you say you want *Love Yourself, Heal Your Life* Louise L. Hay,2011-04 This companion workbook to You Can Heal Your Life includes valuable writing exercises that teach you how to connect with your higher self *Going Within* Vanessa Albright,2022-10-19 This is the memoir of how I went from being an emotionally unhappy fearful candle in the wind person to becoming a happy calm stable and well balanced person This is about the journey I took to get there which was a long difficult ride but I finally arrived a much happier person I took a hard look at what was going on inside of me and found out what triggered my pain and suffering Looking back I realize the journey was so worth it **Official Gazette of the United States Patent and Trademark Office** ,1990

Life! Louise Hay,1996-08-01 In Life Louise deals with the pressing issues that we face throughout our lives growing up relationships work spirituality our elder years death and many of the problems fears and challenges that are attendant to them Louise continually reminds us that the magnificent frightening delightful ridiculous astounding thing that you experience between birth and death is what Life is all about **Inner Child** Tiffany Trieu,2023-08-03 Embrace your inner child Empower your inner parent Befriend your inner critic Are you ready to heal all parts of yourself Meet your inner child the part of your subconscious still holding the child within and learn how to honour and heal them Through quick constructive exercises inspirational quotes journaling activities and reflective practices this ten step programme is the perfect tool for embracing your past accepting your present and improving your future

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