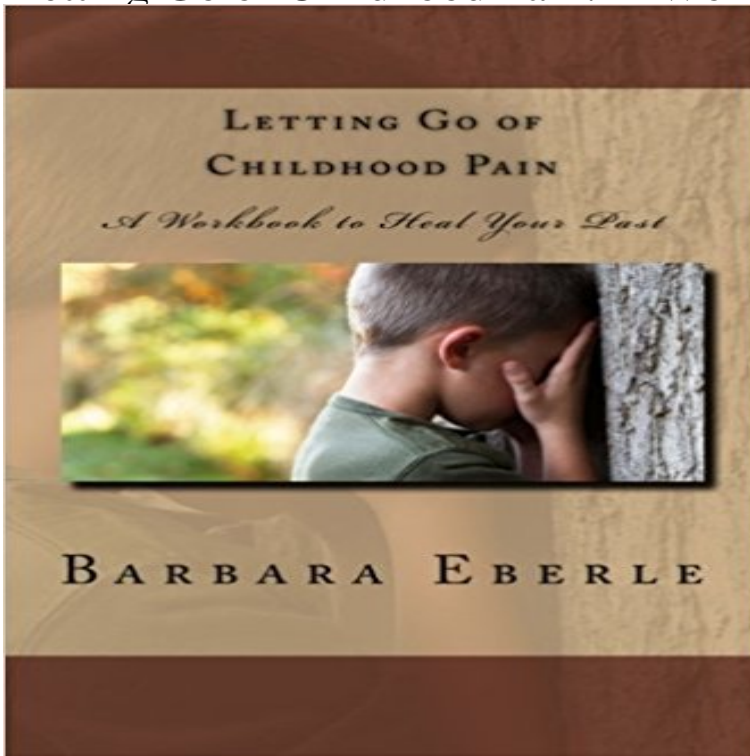


Letting Go of Childhood Pain: A Workbook to Heal Your Past



You don't need to carry the pain you experienced in childhood into your adulthood. Here is a structured program to use to learn how to let go of childhood pain and live a happier and more fulfilling life. Used by individuals as well as in group therapy, this little workbook sends a powerful message that promotes healing and well-being in its readers. Based upon years of experience working with victims of trauma and abuse, Rev. Barbara S. Eberle has outlined the most important elements necessary to healing childhood pain in order to live a productive and happy life as an adult. The reader will find peace and hope by following the program outlined in this workbook that is full of wisdom, solace and guidance.

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