

How working with our inner child can heal our relationships

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Stefanie Stahl
**The Child Within You
Must Find a Home**

[Das Kind in dir muss Heimat finden]
How balancing our deeply rooted needs will solve almost any problem

Kailash
288 pages
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Stefanie Stahl is a degreed psychologist with her own practice. Throughout the German-speaking countries she holds seminars about fear of commitment, love and self-esteem. With her bestselling books, such as *The Child Within You Must Find a Home*, she reaches a large readership.

Every person longs to be accepted and loved. Ideally, during childhood we develop the necessary sense of trust and self-confidence that will help us through life as adults. But the traumas that we also experienced in childhood unconsciously shape and determine our entire relationship life.

The successful author Stefanie Stahl has developed a new, effective approach for working with the "inner child": if we make friends with this inner child, we will discover amazing ways to resolve conflicts, make relationships happier, and find answers to (almost) any problem.

www.stefaniestahl.de

- Happy relationships through trust

Press

"A well-researched book on the topic that offers numerous exercises as well as approaches for solving problems." *Petra*

"A book that one will not only read more than once but that will also become a lifelong companion." *Psychologie bringt dich weiter*