

Playful exercises for working with the inner child



Stefanie Stahl **The Child in You Must Find a Home – The Workbook**

[Das Kind in dir muss Heimat finden]

Three steps to a stronger self

Kailash
128 pages
30 colour illustrations
Format 21,0 x 29,7 cm
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With 20 b/w illustrations, 6 detachable templates

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.

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With her bestseller *The Child in You Must Find a Home* Stefanie Stahl has helped hundreds of thousands of people discover for themselves the enormous power that comes through personal work with the inner child. Now, this practice book that complements her bestseller provides a comprehensive program for a strong self.

With many new exercises, we will discover how to heal old wounds, develop protection strategies, and strengthen ourselves through positive beliefs. Especially practical are the six detachable templates for individual work with the sun child and the shadow child.

- The quick and easy step-by-step guide for work with the inner child
- Over 200,000 copies sold of the #1 *Spiegel* bestseller *The Child in You Must Find a Home*

Press

"A book that understandably presents the complex psychological material in small steps so readers can begin immediately with the work. [...] The approach presented here [...] has been proven effective." *socialnet.de*