

《Claim Your Inner Gro》

图书基本信息

书名：《Claim Your Inner Grown-up(自我成熟)》

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内容概要

In Claim Your Inner Grown-up, Ashley Davis Prend stands a tried-and-true concept on its head by offering a revolutionary, four-pillar program that dares readers to become adults.

An inspirational guide that provides guidance beyond the scope of most self-help books, 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 DARE system into our lives (Detach, Alert, Reorient, Enact), we can become happier and more productive in the long term, and discover the satisfaction and fulfillment that quick-fix solutions don't provide. Through Prend's unique, liberating approach, we gain insight into our psyches and begin to develop a solid sense of self without giving up the positive, childlike qualities that also make us who we are.

A much needed antidote to the indulgent trends of the '80s and '90s, this wise, compassionate handbook will help readers become authentic adults without losing the innocence, freedom, and beauty that also comprise our best selves.

An acclaimed author and psychotherapist shows how to become a happier, more productive, and autonomous adult by incorporating the DARE system (Detach, Alert, Reorient, Enact) into our lives.

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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

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