

Your Feelings Are Valid

Herbert L. Stricklin

Inner Child Healing- Words I Wish I Heard as A Child Zelina Chinwoh, MSW, LCSW, 2024-05-30 Have you ever wished you had heard certain words growing up, like "I love you," "I'm sorry," or "You are enough?" Words like this hold immense power, shaping how we see ourselves and how we navigate the world as adults. But what happens when you didn't receive them? When the words you needed to hear were never spoken, it can create deep emotional wounds that linger into adulthood. This book is here to help you heal those wounds by reconnecting with your inner child and offering the love, support, and healing affirmations you were deprived of in your childhood. *Inner Child Healing: Words I Wish I Heard as a Child* is a healing guide that provides you with the words you needed to hear, helping you to heal those emotional wounds and rebuild your self-esteem, self-worth, and confidence. Through a combination of affirmations, reflective exercises, and compassionate guidance, this book will help you reconnect with your inner child, offering the love and nurturing you were missing. This book includes: 14 Affirmations you needed to hear from an absent parent with each Affirmation Reflecting on your Childhood Needs related to that affirmation, helping you understand what you missed and how to heal. The Longing and Waiting for an absent parent and why they may never come, with an explanation of how to heal from this longing. The Power of Affirmations and how they can help rewire negative beliefs and emotional wounds. Inner Child Reparenting Tips from a licensed psychotherapist, providing practical steps to nurture and care for your inner child. Guided Imagery Exercises to visualize and process your inner child's needs and unmet emotional desires. Future Self-Reflection to help you connect with the future version of yourself who has healed and embraced the affirmations. Journal Questions related to each individualized affirmation, prompting you to reflect and work through your emotional journey. The Impact of Each Affirmation on Your Adulthood, exploring how healing these childhood wounds transforms your life, relationships, and self-worth. Start your inner child healing with this book which will help you reconnect with your inner child, offering the love and nurturing you were missing.

Sorry My Mental Illness Isn't Sexy Enough for You Kay Garbett, Katja Pavlovna, 2025-10-21 We've all seen the prettied-up image of mental illness. That movie-perfect, 'single artful tear', 'gazing wistfully out of the window' situation that conveniently disappears when you need to do the laundry. Well, life with a personality disorder isn't like that. At all. Katja Pavlovna and Kay Garbett have been there, wading through stigma, discrimination, and all the worst bits of mental illnesses

that people don't like to talk about. In this candid guide, they share the lessons they learned the hard way, to help you tackle everything from labels and disclosure to working with medical professionals and maintaining relationships. Whether you're newly diagnosed, have been living with a personality disorder for years, or are supporting someone who is, this book will help you to make it through the unsexy bits and build a solid strategy to make it work.

Self-Love Workbook for Women Ingrid Lindberg, 21-Day Challenges, Every woman could love herself more, but if you answer yes to many of the following statements, this book was definitely written for you: - Do you regularly fail to give yourself credit for things you've done or celebrate your achievements? - Do you shrug off compliments? - Do you dislike yourself? - Do you feel needy and clingy in relationships, always seeking approval and permission? - Do you assume people would reject you if they knew the real you? - Do you feel fundamentally unworthy, inferior and unlovable? - Do you feel like you don't really deserve to enjoy nice things? - Do you put your own pleasure and happiness last on your list of priorities? - Do you feel guilty when you prioritize your needs over some else's? - Do you often find yourself in dysfunctional relationships? - Do you feel like you're not really sure who you are deep down, or what you want and need? - Do you ignore your intuition and feelings? - Do you engage in negative self-talk, or are you really hard on yourself? - Do you find it difficult to establish and maintain healthy boundaries? - Do you neglect your physical, emotional and mental health? Recognizing that your relationship with yourself could be better takes courage, but by picking up this book you've taken an important first step. With daily practice, we improve the relationship we have with our physical, emotional and even spiritual selves. Aligned this way, we build a deeper sense of wellbeing and self-worth. The interesting thing about mastering self-love, incidentally, is just how much it opens us up to give love to others as well! The 21-day self-love workbook for women will help you to: - Enjoy life, incorporate feel good experiences and plan things to look forward to - Check in with yourself, feel what you feel, and allow uncomfortable feelings instead of denying or suppressing them - Use affirmations and remind yourself that you're human, and allowed to make mistakes - Be honest about the way you give and take in relationships - Address and manage chronic stressors daily with healthy habits - Slow down and savor life, allowing yourself to just be - Be mindful and learn dis-identification practices such as naming your inner critic - Develop a self-compassion practice - Set boundaries with assertiveness and clarity ----- Keywords: self love books, self love workbook for women, self love club, self love for teen girls, self love workbook for teen girls, self love workbook for teens, self love journal, self awareness for women, self improvement books, confidence boosting

The Anxious Perfectionist Clarissa W. Ong, Michael P. Twohig, 2022-03-01 People who identify as perfectionists don't always see their perfectionism as a problem. But they do recognize that their pursuit of perfection can lead to stress, worry, and anxiety. Written by two clinical psychologists, *The Anxious Perfectionist* addresses the hidden costs of "being the best," and offers readers essential skills based in acceptance and commitment therapy (ACT) for coping with the anxiety that is

driven by their perfectionism. With this guide, readers will learn to stop getting in the way of their own success, and live a life guided by their deepest values.

Romance Cooking Lonnie Lynch, 2009-03 Romance Cooking Unlocking the Secrets of Seducing Mars or Venus Finally one of the most exciting cookbooks you will ever own. Not only does it contain many secrets of seduction, the recipes are exotic and divinely delicious. Your lover will think you are a cooking god or goddess who has arrived to mysteriously give them a tantalizing gourmet feast. Everybody wants someone who can step outside of his or her box and is daring enough to take him or her on. They want someone who can take them in, tease, intrigue, entice, and make them experience new thoughts and feelings they'd never experienced before-or thought they'd never experience. Are you bored with the usual dinner and movie date routine? In this book, I'll talk about creatively Unlocking the Secrets of Seducing Mars or Venus with Romance Cooking as a means to enhance your life and relationships. What this universal secret tells you about your own life is that the thoughts you think, feelings you feel, words you say, and actions you take all consist of energy that attracts to it more of its own kind. Secrets - Romance - Mystery - Hope - Faith

Neurodiversity-Affirming Therapy Amy Marschall, 2025-04-15 An essential guide to the paradigm shift required to empower your neurodivergent clients. Many mental health professionals are learning to recognize the ways in which neurodivergence can be part of someone's identity, rather than a disability. While many neurodivergent individuals have unique support needs, they are not broken, nor do they need to be cured of their neurodivergence. This neurodiversity-affirming model of care is not a specific set of therapeutic interventions, assessments, or steps a clinician must take to fit into a model. Rather, it is an underlying philosophy that recognizes individuals as the experts on their own lived experience, who can collaborate with mental health professionals to improve this experience. Those who want to support neurodivergent clients will learn the historical, practical, and clinical contexts of neurodiversity-affirming care. Reaching beyond autism (what many people exclusively associate with the term "neurodiversity"), the book encompasses the wide spectrum of differences in brain function and behavioral traits that form part of the human experience, and which include ADHD, dyslexia, and certain trauma responses and forms of anxiety. The book explores the nuances of affirming care in practice and the considerations that any provider should be aware of when working with neurodivergent clients. Everyone deserves appropriate support and freedom from the expectation to conform to neurotypical standards; with this trailblazing guide, clinicians can take the first, crucial steps towards meeting their neurodivergent clients' needs.

Damocles On The Couch Herbert L. Stricklin, 2013-01-04 Damocles On The Couch, is about getting your life straight, and it is about stories. Throughout history humans have used stories as vehicles to communicate and pass along information. Herb Stricklin, therapist and educator, has found that stories are a tremendous tool for relaying information regarding sound principles to live one's life by. Stories afford the listener an opportunity to take the information that they are

hearing and apply it to their lives on a much deeper level than just hearing cold hard facts. Jesus used parables to relay some of his most powerful messages. Ancient Greeks and Romans used plays to both entertain and educate those witnessing the performance. Morality plays, such as *The Sword Of Damocles*, help us to learn life lessons and understand the human condition. In this story, Damocles finds himself placed in a chair with a sword dangling over his head suspended by a single hair. The angst and fear that he experiences is a universal experience for humans (not necessarily a sword, but we have all had things “hanging over our heads”). Stricklin uses stories such as this to paint a picture for people regarding healthy and unhealthy ways of confronting life’s many challenges.

Life and Living Larry Wharton, 2019-09-26 *Life and Living: Thoughts on Nearly Everything* is about just that---nearly everything. Whatever happens to interest me at the time gets attention. But diverse as the chapters are, there is one guiding theme. We live our lives better and more fully if we understand ourselves and our needs, acting to improve both our own well being, and that of others. The book’s diversity helps us see ourselves and the world from multiple, often challenging, perspectives. But my hope is that these different views will stimulate an appreciation of aspects of the world and human behavior not seen or understood before. To this end, my opinions will be gently provocative.

Psychobabble Joe Nucci, LPC, 2025-09-23 Psychotherapist Joe Nucci dispels common mental health myths and replaces them with no-nonsense truths and accessible guidance for real healing. The popularization of mental health content on social media has led to an epidemic of mental health misinformation. In *Psychobabble*, licensed psychotherapist Joe Nucci argues that too many of us are self-diagnosing, improperly deploying therapy-speak, and even coaching others to engage in harmful activities under the guise of “self-care.” Nucci dismantles 40 popular misconceptions, such as: Everyone needs to go to therapy. Your feelings are credible. People gaslight you when they disagree. Mindfulness is good for everyone. Everyone has trauma. The reason you can’t focus is ADHD. This dangerous misinformation encourages well-meaning individuals to make consequential life decisions based on false beliefs, half-truths, and the advice of unlicensed armchair experts. It is time for a professional to call this out. Nucci replaces these myths with liberating truths that can help readers avoid misinformation, navigate important philosophical debates, and better maneuver their own mental health journeys. He shares client examples and evidence-based psychological theory, and draws from reputable studies and research. TikTok influencers and “life coaches” create viral videos telling people to cut off their problematic parents, and are cheered on by millions of followers. Recent divorcees proudly declare on Instagram that they are finally healing from their “narcissistic” ex-partner, even though you get the sense they can’t actually define that word. Teenage “mental health advocates” lament the struggles of living with autism, but then subtly add that their condition is “self-diagnosed.” It is time for a professional to call out the misinformation and absurdity. *Psychobabble* is a must-read book for anyone who values mental health and cares about others.

The Seven Tools of Healing Steven M. Hall MD, 2018-03-09 If you want to find and treat the real causes of the problems

you're facing and take your healing to a higher level, then you need to do some work. That means not only striving to change the conditions you currently face but taking steps to change what brought problems or issues into your life in the first place. In other words, treating both the symptoms and the causes will help you get better results than focusing on one or the other. Steven M. Hall, M.D., gives you a blueprint to do both in this guide to healing. The tools he shares will help you: recognize when something in your life is not working; identify foundational beliefs that contribute to problems; change beliefs when necessary; and focus on solutions instead of problems. Hall doesn't tell you how to eat or exercise, and he doesn't preach about visualizing or saying positive affirmations. Rather, he concentrates on getting to the root causes of your issues and mastering seven straightforward tools to live a longer, healthier, and happier life.

The Courage to Heal - Third Edition - Revised and Expanded Ellen Bass, Laura Davis, 1994 Provides self-help guidelines, a resource guide, and an analysis of false memory syndrome to women who have been sexually abused as children.

Love, Sex and Communication Jeanne Miller, Phil Laut, 1990

Tiny Traumas Meg Arroll, 2024-01-09 Psychologist Dr. Meg Arroll offers a much-needed framework for recognizing and combatting the devastating cumulative effects of small everyday wounds—"tiny traumas"—that, like major traumas, can negatively shape our lives. Have you ever felt at a loss for an answer when asked: "How are you really feeling?" Maybe you can't quite put your finger on it, but you know something is definitely off. Microaggressions, challenging family relationships, toxic positivity, work and pandemic stress, gaslighting—these are just a few examples of what psychologist Dr. Meg Arroll calls "Tiny T" trauma. These tiny traumas can slowly build up inside of us, and if ignored for too long, can manifest in our lives as high-functioning anxiety, perfectionism, binge eating, insomnia, broken relationships, and a host of other problems. While advice on healing from major trauma is plentiful, there is little guidance available to help us recover from these "smaller" yet emotionally devastating traumas that are common to all of us. Now, Dr. Meg fills that gap and helps us find peace with this revolutionary guide. In *Tiny Traumas*, Dr. Meg introduces her three-step AAA approach that allows us to start understanding and healing from these tiny traumas: Awareness: discover your unique constellation of tiny traumas Acceptance: see how these tiny traumas show up in your life and start processing them Action: start taking the steps to actively create the life you desire *Tiny Traumas* teaches readers how to recognize and address past experiences so we can overcome the lasting pain and detrimental effects and truly start living the happier, more peaceful lives we deserve.

Weird Water and Fuzzy Logic Martin Gardner, 1996-10-01 At a time when popular knowledge of basic science has sunk to a new low and books promoting angels, parapsychology, and bizarre forms of medicine and healing outnumber skeptical books by more than a thousand to one, Americans need a voice of sanity. *Weird Water and Fuzzy Logic* introduces readers to mind-wrenching probability paradoxes, recent attacks on the Big Bang Theory, and Marianne Williamson's success promoting *The Course of Miracles*, which is said to have been channeled by Jesus. Other columns address E-prime, a language that

omits all forms of the verb to be; Norman Vincent Peale's beliefs in the paranormal; repressed memory therapy; science blunders by famous writers; the influence of Transcendental Meditation on the career of Doug Henning; a critique of Klingon and other artificial languages; and much more.

The Power of a Partner Richard L. Pimental-Habib, 2002 ps A blueprint for gays and lesbians for forming and cultivating meaningful and long-lasting relationships of all varieties, from the author of *Empowering the Tribe*. Whether readers want to learn how to relate better to siblings or co-workers, sex-partners or friends, Dr. Pimental-Habib's warm and enlightening approach will readers secure the greatest emotional, physical and spiritual satisfaction possible.

MARLENE LEMMERMAN V BENJAMIN FEALK; GALE WILLIFORD V IRWIN BIESKE, 449 MICH 56 (1995) ,1995 97839, 97841

Therapy Dogs Kathy Diamond Davis, 2002 Share the love and companionship of an animal with others by becoming a therapy dog team. Everything you need to know to select, socialize and train your dog for this important and rewarding work. Includes information about safety, liability and professionalism.

Expecting Change Ellen Sue Stern, 1993 From the author of *The Indispensable Woman* and *Running On Empty*, here is the book that begins where other pregnancy books leave off: the emotional changes and concerns that take place during pregnancy. Wonderfully reassuring.--Judith Nolte, editor of *American Baby* magazine.

Clashing Views on Abnormal Psychology Susan Nolen-Hoeksema, 1998 A compilation of works of leading psychologists, sociologists and health care professionals expressing views on 12 mental health issues in a pro/con format.

Peace News for Nonviolent Revolution ,1984

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