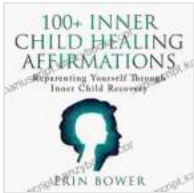


# 100 Inner Child Healing Affirmations: Awaken Your Inner Child and Discover a World of Self-Love and Acceptance



## 100+ Inner Child Healing Affirmations: Reparenting Yourself Through Inner Child Recovery by Erin Bower

★ ★ ★ ★ ☆ 4 out of 5

Language : English  
File size : 664 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 388 pages



Our inner child is the part of us that holds our earliest memories, experiences, and beliefs. It is the part of us that is innocent, vulnerable, and full of potential. However, our inner child can also be wounded by past experiences, leading to feelings of shame, guilt, and low self-esteem.

Inner child healing is the process of reconnecting with our inner child and healing the wounds that have been inflicted upon it. This can be done through a variety of methods, including therapy, journaling, meditation, and affirmations. Affirmations are positive statements that we repeat to ourselves on a regular basis. They can help to reprogram our subconscious mind and create new beliefs about ourselves.

The affirmations in this book are designed to help you heal your inner child and cultivate a deep sense of self-love and acceptance. They are divided into 10 categories:

- **Self-Love**
- **Self-Acceptance**
- **Forgiveness**
- **Healing**
- **Growth**
- **Empowerment**
- **Joy**
- **Peace**
- **Love**
- **Gratitude**

To use the affirmations, simply read them aloud to yourself each day. You can also write them down in a journal or meditate on them. Repeat the affirmations for as long as you feel necessary, until you begin to feel a shift in your beliefs about yourself. Inner child healing is a journey, and it takes time and effort. However, the rewards are well worth it. By healing your inner child, you will create a more fulfilling and joyful life for yourself.

**Here are a few of the affirmations from the book:**

- I am worthy of love and acceptance.
- I am enough.

- I forgive myself for the mistakes I have made.
- I am healing from my past wounds.
- I am growing into a strong and capable person.
- I am empowered to create a life I love.
- I am filled with joy and peace.
- I love and accept myself unconditionally.
- I am grateful for all the good in my life.

If you are ready to embark on the journey of inner child healing, then this book is for you. The affirmations in this book will help you to heal your wounds, cultivate self-love and acceptance, and create a more fulfilling and joyful life. Free Download your copy today!

# 100+ INNER CHILD HEALING AFFIRMATIONS

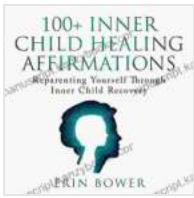
Reparenting Yourself Through  
Inner Child Recovery



ERIN BOWER

## About the Author

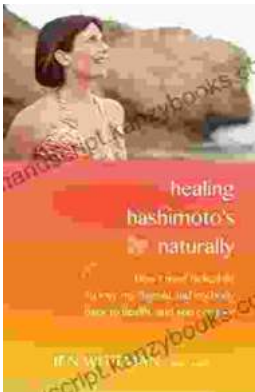
Sarah Jane is a certified hypnotherapist, meditation teacher, and author. She has been helping people heal their inner child and transform their lives for over 10 years. Sarah is passionate about helping others to find their true potential and live a life filled with purpose and joy.



## 100+ Inner Child Healing Affirmations: Reparenting Yourself Through Inner Child Recovery by Erin Bower

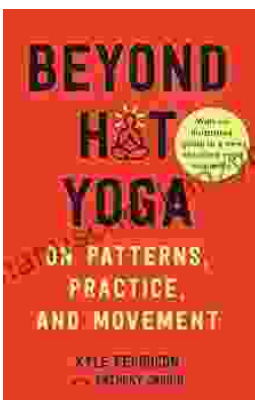
★★★★☆ 4 out of 5

Language : English  
File size : 664 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 388 pages



## Unlock Your Thyroid's True Potential: Healing Hashimoto Naturally

The Empowering Guide to Reclaiming Your Health from Hashimoto's Are you ready to embark on a transformational journey towards optimal thyroid...



## Beyond Hot Yoga: Journey into the Depths of Patterns, Practice, and Movement

Beyond the sweltering heat of a hot yoga studio lies a vast and transformative landscape of yoga, one that extends far beyond the physical postures and poses. In "Beyond..."

