



# Inner Child: Is Your Inner Child Controlling Your life?

*Oliver JR Cooper*

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**Inner Child: Is Your Inner Child Controlling Your life?** Oliver JR Cooper

• Do you have unrealistic expectations? • Are you a people pleaser? • Do you expect too much from others? • Are you unable to attract people who are available? • Do you believe that you have no control over your life? • Are you unable to say 'no'? If you answered yes to any of these questions, your inner child could be controlling your life. Inner Child – Is Your Inner Child Controlling Your life? looks at what can happen if our inner child takes control over our lives. Even if someone is unaware of this part of them, it can still play a huge part in how they go through life. This book covers more than twelve ways in which our inner child can negatively affect our lives, from our ability to control our anger, to being needy and having the need to rescue others, plus many other areas.

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