

Coming Home to Self



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ISBN10:	1905664818
Goodreads Rating:	4.28
Published:	May 10th 2010 by British Association for Adoption and Fostering (Ba
Genre:	Parenting
ISBN13:	9781905664818
Language	English
Pages:	531

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This text helps those who went through the adoption process, or experienced early childhood trauma, re-examine their life and realise who they are. It is a book about becoming aware of the reasons for certain attitudes and behaviours.