

AS ADULTS, WE OFTEN FALL INTO PATTERNS THAT feel irrational or out of character—shutting down, lashing out, people-pleasing, or self-sabotaging. Beneath those reactions lies our inner child, a younger part of us still trying to get its needs met the only way it knows how.

We all carry the imprint of our earliest years. Childhood is brief, yet its impact is lifelong. Some parts of us were met with love, while other parts were met with silence, criticism, or disapproval. To survive, we learned to adapt—to overperform, to hide, or to stay small. Most of us made it through with a mix of love and lack. And many of us still protect the parts of ourselves that once felt vulnerable or unworthy.

While we can't change what has happened, we can change how it lives within us and impacts our lives today. *Reparenting the Inner Child* offers a clear, compassionate path to self-integration, combining practical exercises, somatic tools, and guided reflections to help us create the safety, love, and boundaries we've always needed. Through her holistic model of individual development, LePera explains how we can cultivate the emotional maturity and regulation to respond calmly instead of reacting, to embrace desire instead of shame, and to question the stories we've long believed about who we have to be.

Enlightening, empowering, and clarifying, *Reparenting the Inner Child* is a book that will stand the test of time as a comprehensive guide for personal development and healing and as a resource that will forever change the way we understand ourselves.

DR. NICOLE LePERA is the *New York Times* bestselling author of *How to Do the Work* and *How to Be the Love You Seek*, as well as the workbook *How to Meet Your Self*. She was trained in clinical psychology at Cornell University and the New School for Social Research and studied at the Institute for Modern Psychoanalysis of Philadelphia. She is a holistic psychologist whose work addresses the connections among the mind, body, and soul, incorporating overall lifestyle and psychological wellness practices. She is the creator of the SelfHealers Circle, a membership platform where people from around the world join together in community to take healing into their own hands.

Read by Courtney Patterson

Introduction, author's note, and acknowledgments read by the author



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AUDIO

REPARENTING THE
INNER CHILD

DR. NICOLE LEPERA

Adult



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