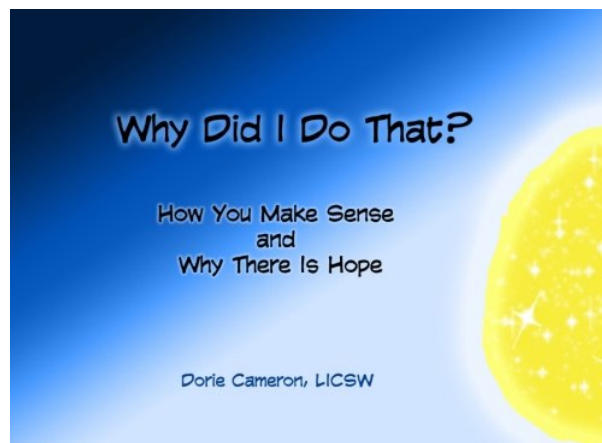
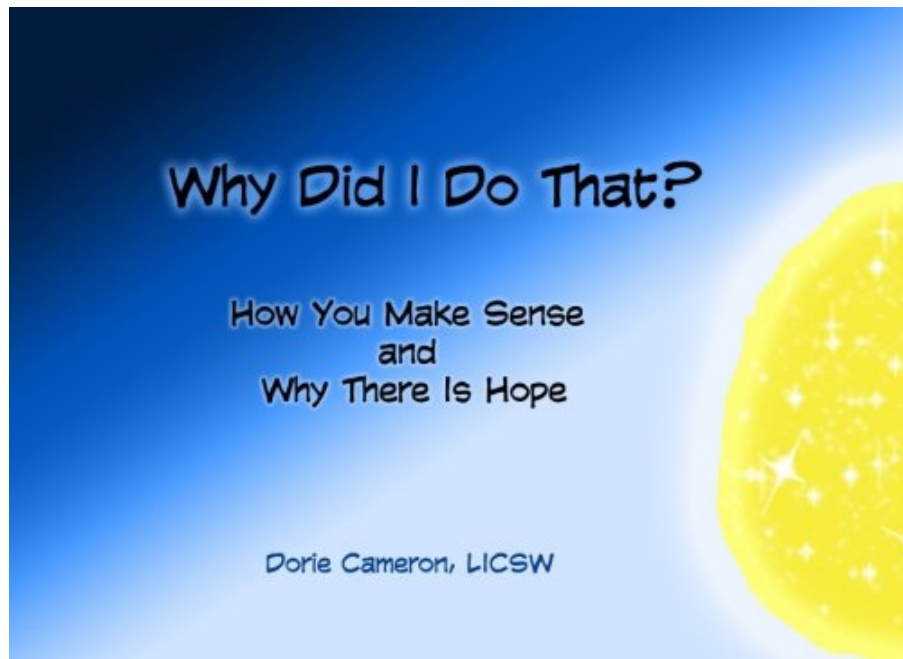


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## About the Author

Dorie Cameron is a Licensed Clinical Social Worker with over 20 years experience and additional, extensive training in education, massage therapy and yoga. Dorie approaches life holistically and feels honored to walk with people as they find their way to their truth.

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11 of 12 people found the following review helpful.

Excellent Intro. to IFS for Clients and Therapists

By Michael Manchester

I am a practicing psychotherapist that has been using IFS therapy with my clients. So far IFS has resonated with most of my clients. When I saw Dorie's book I thought it might be useful for my younger clients. While the book is great for children I have found that the book resonates with my adult clients. Today I shared the book with an adult client and it was like a light bulb turned on in her head. Dorie's book helped her make sense of how she experiences the world. IFS is a cutting edge mind-body therapy that helps individuals, couples and families deal with many different issues and problems. Dorie's book is an excellent introduction to IFS and resource for clients and therapists alike. The book is written in a clear and caring style. The illustrations are well done and help to explain basic IFS concepts to the reader. If you are interested in IFS buy this book!

5 of 5 people found the following review helpful.

Little Book, Big Ideas- A Must Read

By Eliza Sparks

I am so grateful for this little book that helps me see the big picture. Accesible and visually captivating, this book opens up the world of IFS in a non-threatening and gentle way. I highly recommend it to anyone beginning on a personal journey with IFS.

1 of 1 people found the following review helpful.

A useful and distinct access to our internal families

By Mark Hurwich

I got this book a bit over a year ago, along with a lot of other "adult" books on Internal Family Systems (IFS). Recently, I've found myself returning to this one a lot.

Why? The others have great insight on IFS, and how to practice it. Internal Family Systems Therapy: New Dimensions is a very useful recent addition, for example. Get it!

But those books tend to appeal to our cerebral parts. Dorie's has a lot to say to our younger parts. A LOT!

So...it turns out that when clients want to know more about IFS, which I use as a coach, Dorie's book is often the one I'll pass one. It's especially great for clients whose question is more about getting OK with their parts and uncovering Self-energy. For some reason, the pictures and somewhat adult words work just great--to the point that one client assigned herself the task of "reading this book to her parts" a few times a week.

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