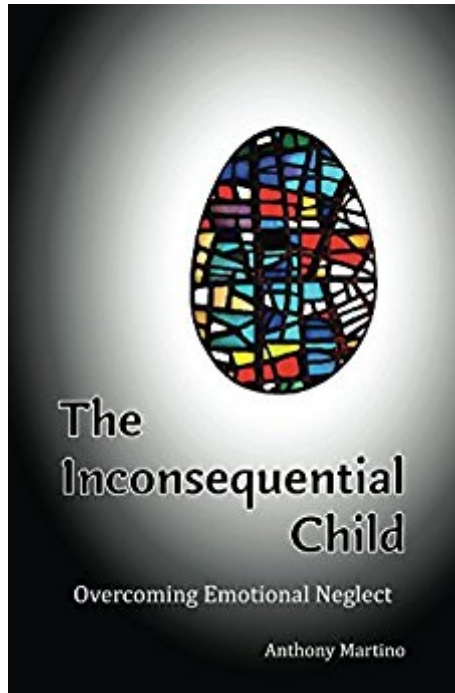




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The Inconsequential Child: Overcoming Emotional Neglect



Synopsis

The Inconsequential Child is an intimate memoir of one man's journey overcoming childhood emotional neglect through mindfulness and Jungian analysis. The book is written in the form of a letter where each chapter conveys one of the lessons the author has learned during his journey toward emotional well-being, love and hope. The book centers around a series of memories which were the basis of the author's personal psychoanalysis. The memories are written as he remembers them; in his voice, often in first-person, present tense. The author also offers both real-time and post analysis of the memories and feelings that have guided him through his journey.

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Customer Reviews

The Inconsequential Child is a memoir and self-help book on finding and loving your inner child, mindfulness and becoming awake/alive. The author recounts a handful of memories and describes how they have shaped his identity, thoughts and behaviors. This approach gave me an opportunity for retrospection. It opened my eyes and heart. However, I can imagine this retrospection will be difficult for some. I have read the book twice because it contains so much insight. I also annotated

the book, something I rarely do (there is not enough margin space - lol). I know I will read it again in a month or two because I need time to absorb everything and experience life with awakened eyes. There is a subtle theme about choice and how it empowers you (i.e. someone who is inconsequential has no choice in life). The author describes how, through mindfulness, we can regain choice in every moment of our lives. He also provides a 6 step process to do just that. Finally, I am excited about starting each day. I want to interact with people and the world. Prior to reading this book, I did not know that I have been so dead and unaware. I have found so much of me through the eyes of this author. To quote the lyrics of Amazing Grace, I once was lost but now am found, Was blind, but now I see.

I love the spontaneity of this book. The feeling that it has been written in the moment with the purest of thought and emotion. I highly recommend the Inconsequential Child to all the journeyers out there, who, like me are encouraged by the success of others on the path towards finding the treasure that is them. I was fortunate enough to have a friend recommend this book to me. I am so glad that he did. The Inconsequential Child, written anonymously, is both enlightening and awakening. Through a series of letters written to the reader by the author, you discover, rather like going on a journey, how events that occurred during his childhood, have affected how he lived his life and the relationships that he has, both with himself and others. It is a lovely narrative of awakening, love and encouragement. All of us have had feelings of being inconsequential in our lives without being able to understand the reason why. Whether you are on your own journey of self discovery or like me, are aware that there is something missing in your life, his unconditional love and guidance are a boost on the path towards greater understanding and acceptance of what makes you you.

A compassionate and intellectual take on getting a better life, by connecting with your emotions. I like the philosophical level on which the author operates. I find the language to be beautiful. Book reviews are personal and subjective. Read it and make up your own mind ...but this book hit me right in the heart. Maybe I was lucky, because some guy out there just like me, only older, actually figured this stuff out and wrote a book about it. I mean, what are the chances? Another important factor may be where I am in my life right now, and how open I was for profound change. I think, as a reader, you have to have come to a certain place in your journey, if you're going to gain anything from this book. But if you are ready, it is a real treasure. To me it was simply brilliant and I feel so much better and more hopeful than I have ever been. Thanks, who ever you are who wrote this

book.

We've all been there. Some of us have visited those dark places - those sensitive locales - more than others, but we've all at some time or another tasted the bleakness that accompanies the negative. What sets us apart from one another is how we handle the harrowing. In the brave "The Inconsequential Child", author Anthony Martino deftly but strongly tackles the emotional bellows that comprises the psyche. Presenting the reader with a stream of consciousness writing style, Martino writes with a sense of abandon that makes him endearing and vulnerable - a difficult combination to achieve. The book unfolds like a moment in time. The reader quite literally is unsure what the next chapter will bring. What will Martino share with the reader now? What light will be shed on this courageous soul's decision to share his true life? You can't change the past, no matter how hard you try. The facts that comprise the past are objective, but the subjective mind just won't stop revisiting them, trying to alter the ultimate outcome. Martino attempts to overcome his vast emotional neglect as a child with his mature, adult mind and all of the resources that the young just don't have. The book itself is comprised of chapters that individually tackle lessons that the author has learned. Cumulatively, these lessons help to shed light on the constant quest for balancing one's past with one's present and future, and how the achievement of balance can be attained. Sharp and enlightening, "The Inconsequential Child" might be the chronicle of one's man's psychology, but it's the subtle complexities behind every carefully selected words that makes Martino a voice for us all. Like this review? Read more like it at ReadingOtherPeople.com!

For those of us who suffered neglect in childhood, our basic essential needs were not met. Sadly, the childhood coping behaviours, which were absolutely critical for survival in childhood, can interfere with living a full, Rich, whole life as an adult. This book helped me to see that I was not alone in this kind of suffering. I give the author a lot of credit for being skin-peelingly honest. Moreover, he talks frankly about the steps he took, and why, to live a life not so restricted by the effects of childhood abuse. I have great respect for this author and highly recommend this book.

This was a great book. As the author walked us through his journey of truly getting to know himself it really allowed me to reflect on my own life. It also helped me understand how many of the memories which I deemed insignificant were truly key in shaping the way I think and operate. I can't wait to start my own journey. I highly recommend this book and plan to reread it myself for years to come.

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