

# Dear Little Ones - A Message from the Heart

Dear little ones, this is a special message just for you. In a world filled with distractions, responsibilities, and challenges, it's important to take a moment and pause. Pause to reflect, pause to appreciate, and most importantly, pause to nurture your precious hearts.

Life can be overwhelming at times, even for adults. But for you, dear little ones, it can be even more daunting. That's why it's crucial to remind you that you are loved, valued, and cherished beyond measure. Your innocence brings light to the darkest of days, and your laughter has the power to heal souls.

As you grow and discover the wonders of this world, remember to embrace the beauty within you. You may face challenges and disappointments along the way, but always remember that these experiences shape you into the incredible individuals you are destined to become.



## Dear Little Ones (Book 1): Hope, Help, and Healing for Your Inner Children by Jade Miller (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English  
File size : 6122 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 57 pages  
Lending : Enabled  
Screen Reader : Supported



## **A Journey of Discovery**

Life is a journey of discovery, dear little ones. It's an adventure waiting to unfold. Each day brings new wonders, lessons, and opportunities for you to grow. Seize these moments and embrace them with open hearts and curious minds.

Never lose sight of your dreams, for they hold the key to unlocking your limitless potential. Believe in yourself, for you have the power to turn dreams into reality. Let your imagination soar as you create, explore, and learn from the world around you.

## **The Power of Kindness**

Dear little ones, one of the most valuable lessons we can teach you is the power of kindness. A smile, a gentle word, or a helping hand can brighten someone's day and remind them of the beauty in this world. Be kind to one another, for it is through kindness that we create a more compassionate and loving society.

Remember, dear little ones, that it's not the material possessions that define us, but the kindness and love we share with one another. Treasure the bonds you create, for true friendships are worth more than any treasure chest.

## **Dear Little Ones, Never Stop Dreaming**

As you embark on this journey called life, dear little ones, we urge you to never stop dreaming. Dream big, dream without limits, and believe in the magic that resides within you. Your dreams have the power to shape the world and inspire generations to come.

Never let anyone tell you that your dreams are too big or unattainable. Anything is possible if you have the courage to pursue it. Face challenges with resilience and

determination, knowing that setbacks only pave the way for greater achievements.

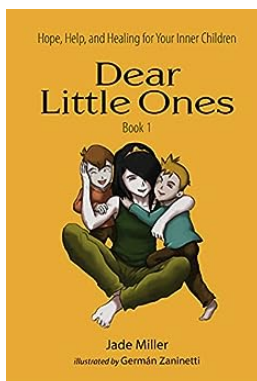
## A Final Message

Dear little ones, the world can be a complicated and sometimes confusing place. But always remember, you are not alone. You are surrounded by family, friends, and mentors who believe in you. Reach out to them, share your thoughts, fears, and dreams.

Know that your voice matters, dear little ones. Your thoughts and ideas can change the course of history. So speak up, stand tall, and make your mark in this world.

Dear little ones, this is our message from the heart. We believe in you, we love you, and we are excited to witness the incredible journeys you will undertake. You are the future, and with each step you take, you bring us closer to a brighter tomorrow.

Never forget how truly special you are, dear little ones.



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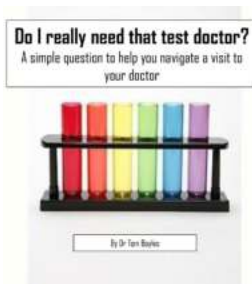


In a world where the inner child has historically been overlooked, silenced, and disempowered, Dear Little Ones is a letter written to inner children everywhere. Whether you are a survivor of severe trauma experiencing distressing internal states or you have an inner child who could use some encouragement, you'll find this an empowering and uplifting read.

Taking a nurturing and loving tone, this illustrated book explains complex ideas to inner children in language they can understand. Your inner children will discover:

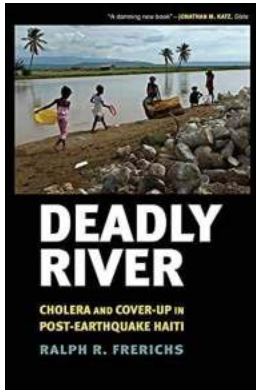
- how to make sense of difficult situations
- how to get along with other internal ego states
- who to trust in the outside world
- their innate right and power to make healthy choices

Dear Little Ones has received international attention and praise from trauma survivors, their friends and family, and trauma therapists, making it onto numerous “must read” lists of internationally recognized and grassroots organizations dedicated to educating the public about trauma and dissociation.



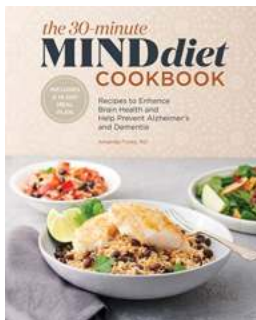
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A visit to the doctor can often be intimidating, especially if you're feeling unwell or have concerns about your health. It's not uncommon to leave the clinic feeling...



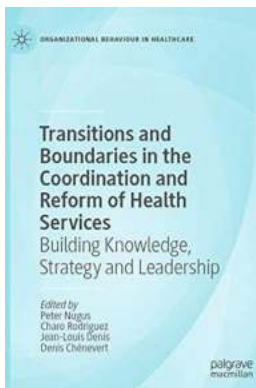
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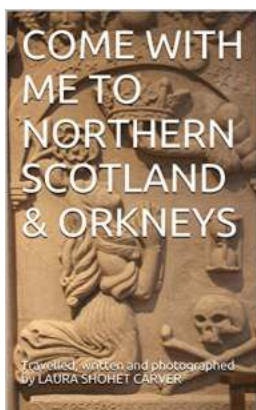
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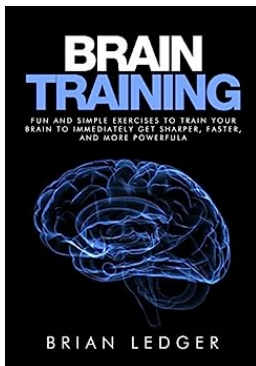
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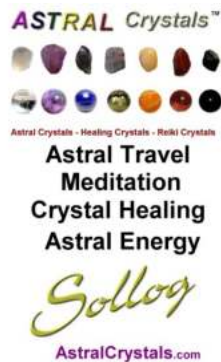
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