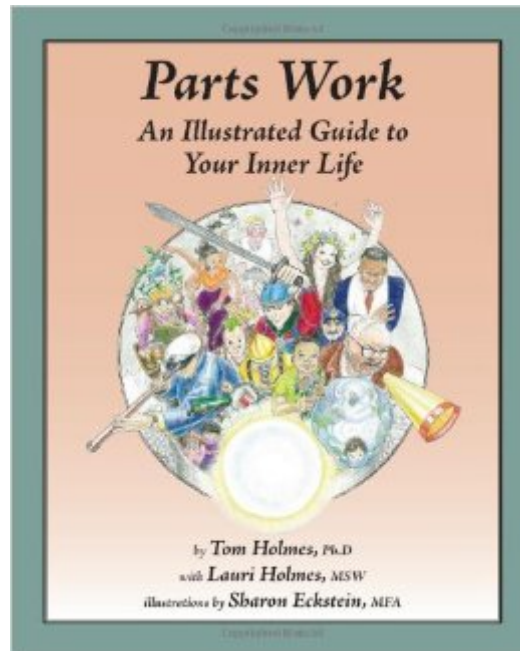


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# Parts Work: An Illustrated Guide To Your Inner Life



## Synopsis

The book, *Parts Work*, describes our inner psychological world with drawings which are moving, thought-provoking, sometimes humorous and often poignant. The book shows how we can disentangle ourselves from the problematic habitual patterns in which we get stuck, and offers ways of positively using our particular talents and style for a fuller life. Through practical examples as well as clinical illustrations, the book helps us to understand ourselves and others better.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (34 customer reviews)

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## Customer Reviews

This wonderfully illustrated guide is very helpful for lay people and all seeking to understand one's inner life, as well as a help for therapists and their clients. The illustrations touch a universal understanding of each part of our inner world and how it impacts our outer world. The explanations and vignettes that accompany the illustrations allow the reader to easily comprehend the psychology model of parts work as defined by Internal Family Systems (created by Dr. Richard Schwartz). The book allows us to deeply understand, laugh, make personal connections and give us practical tools. I loved it and keep reading it over and over.

This book was recommended to me after I had expressed interest in the Internal Family System work. It is indeed really worthwhile to read and reread it, because it contains so much information presented in an easily understandable way. The one quibble I have with this book compared to Jay Earley's *Self-therapy* is that Holmes keeps repeating that it is difficult and/or impossible to work on your own with this system while Earley obviously takes the position that it is very well possible to do this work on your own or with a buddy, not necessarily with an IFS therapist if the situation isn't too

dramatic. Personally I am not really fond of Sharon Eckstein's drawing style, but the illustrations support the text in a wonderful way nevertheless. Reading Holmes and Earley both together gave me an even broader introduction to this wonderful parts work. It is my intention to keep studying in this direction.

This type of therapeutic approach to having a balanced mind seems a bit ridiculous when you first read about it. I felt a bit silly "talking" to my parts but having a mental conversation with the aspects of our personality (our "parts") during times of stress, or even when we are contemplating our life choices or making professional decisions really helps clarify and balance the whole thought process. Techniques are easily implemented into daily cognitive approaches and practice.

This book is a must have for self-help readers, psychotherapists, clients, spiritual seekers, and healers. Not only is this the best introduction to the IFS model of anything I have read, Parts Work takes complex psychological theory and makes it accessible to a very wide audience. The illustrations bring the inner world of changing thoughts and feelings to life in a universal way. It is a wonderful tool for helping readers build self-awareness, self-understanding, self-acceptance, and potentially self-regulation. I use this book with both clients and yoga students. I've had over 50 Yoga Teacher Training Graduates choose to write a book report on this book. The epiphanies people have about their own behaviors and beliefs never ceases to amaze me. I've been thanked 100 times over for introducing people to this book. From what I understand, Parts Work has been translated into German and is currently being translated into Korean. It's a true testament that the teachings within transcend even cultural identity.

I was thrilled to find this book! I am a client of an Internal Family Systems therapist & have found the IFS model extremely helpful. I have also found that client oriented books are very difficult to find. In fact, they are beyond difficult -- I have not found one yet. I had read 'Internal Family Systems Therapy' by Richard Schwartz, but had found it not very helpful for me, as it was written for the therapist, not the client. I am interested in DOING the work, not guiding it. When I found this book, I was hopeful of actually delving into what the title tantalizingly promised -- "Parts Work". I found the pictures to be too cute & distracting, and the concepts too simplistic. I would not call it a "Guide", I would call it a very basic introduction to IFS. And I am not sure I would recommend this book as an introduction because I found it somehow misleading. It may well be that it just isn't my style, and isn't what I had wanted ... but it sure didn't help my work in IFS.

I have shared this book with my clients and they have reported that they have benefited significantly from this information. As a psychotherapist, I have also greatly benefited from the concise and whimsical way that it is presented. Thank you! Cheryl Rubin, LCSW

Fascinating & well written account of Parts Theory. Book had been recommended by a friend who was digesting it, page by page. I was not disappointed. The exercises are particularly helpful in integrating the concepts. And - it's well-priced.

I have been doing Parts Work for about a year now. This book makes the work easier to understand. The illustrations bring the Parts to life and solidify what I've experienced so far. Parts Work is amazing and has helped me in a way no other type of therapy could.

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