



Challenging Children – Success with homeopathy

In a word – delightful! Homeopathic books are often hard work, but this one is a pleasure to read. Linlee's style is warm and inclusive; you feel like you are sitting in her consulting room having a chat over a cup of tea.

It is a reassuring conversation, one that brings hope to suffering parents, and shows that there is a genuine possibility of helping their challenging children to a life of balance, happiness, and peace.

Our health journey is like a spiral. When set within a family, if one member becomes unwell it adversely affects others, whose suffering makes the original member worse, and so the family's health spirals downwards. But the opposite is also true – when one family member is helped, others improve as a consequence, which supports the first person's improvement even more and the family's health spirals upwards.

Linlee's book tells parents that the negative spiral can be broken, and the wonderful journey of recovery, not only for their challenging child, but for every family member, can happen.

So the book is principally an encouragement for desperate families. However, practitioners and students who feel somewhat overwhelmed by the demands of treating challenging children will benefit from its practical guidance. They will gain an insight into how experienced professionals handle difficult cases, and what is possible.

This is not a textbook to teach remedy selection, as the cases are generally briefly described. It is an outcomes book which clearly shows parents and others what is possible in difficult and sometimes desperate situations.

In summary, Linlee brings to life in a compassionate and embracing manner, the marvellous potential of well chosen homeopathic medicines to change the lives of challenging children, and their families.

Dr. Isaac Golden
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