



Why Did I Do That?: How You Make Sense and Why There Is Hope: An Introduction to Internal Family Systems (IFS)

Dorie Cameron LICSW

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The strength of the IFS model is its capacity to meet every person with deep respect and compassion. This visual introduction to the IFS model was created to help make it accessible to as many people as possible. May this book serve as a gentle invitation and offering of hope for every person who has ever wondered "Why did I do that?", "Am I truly bad?" and "What does it mean to 'love yourself' anyway?" - Dorie Cameron, LICSW "I am honored to have IFS introduced so beautifully. It has a power that goes beyond thinking minds and gives hope to the parts that live in our hearts." - Richard C. Schwartz, PhD Creator and Founder of Internal Family Systems "This little book is a delightful, captivating and visually creative way to introduce IFS to people of all ages!". - Toni Herbine-Blank, MS, RN, CS-P Senior Trainer, Center for Selfleadership

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