



Discovering the Adult Baby in you - the joys, the struggles, the highs and the lows.

Check out the latest insightful ABDL article – [The Identity Conflicts of the Adult Baby](#)

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One of the most powerful needs we have as individuals is to simply 'know who am I?'. It remains for many a constant and even elusive chase and one of the great frustrations of life. For most, we quickly develop a sense of self that we are comfortable with and while we may not be fully sure of the full extent of our personal identity, we are settled and happy with what we know and how we experience life. In many ways, it is a balancing act between wanting to fully understand and the effort and potential strife

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that may be involved in fully exploring it.

**** NEW **** Who likes to wear knitted or crocheted baby bonnets and booties? On cold nights in the crib or playtimes on the floor, they suit almost every adult baby. **Rosie's Custom Bonnets and Booties** are now available so check out the range [here](#).





**** NEW **** *We have been asked many times when our latest books will be out in paperback and now they are!*

[There's STILL a baby in my bed!](#)
[Adult Babies: Psychology and Practices \(second edition\)](#)
[So your teenager is wearing diapers...](#)

Also, don't forget the video [Discovery Series](#) to help you understand more about yourself:

- ❖ [Introduction to AB Discovery](#)
- ❖ [The Three-sided Nature of Diaper Attraction](#)
- ❖ [Infantile Regression: Nature's Time Travel](#)

We know how hard being a regressive baby can be and how difficult it can be to find good professional help that truly understands the nuances and difficulties associated with being an Adult Baby. AB Discovery will be soon able to offer one-on-one or couples mentoring, counselling and training to help overcome these problems. If you wish to know more or to be advised when it is available, please email us on the special confidential address abmentoring@adam.com.au



Remember to tell all your friends about AB Discovery. Talk about us on forums, Facebook and other ABDL groups.

Or just email us at abdiscovery@adam.com.au

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