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a pocketbook guide on mindfulness your attention is being spent whether you are aware of it or not learn the value of your attention become aware of the power of your thoughts utilize the mind to your benefit

this groundbreaking book offers a complete healer s toolkit for shamanic practitioners along with an in depth discussion of the theories practices and ethics of shamanic healing work this guide gives you first hand accounts of healing experiences from the author s practice exercises to help you develop your skills and abilities and ceremonies to use in your own practice the book of shamanic healing covers all aspects of shamanic healing in a practical manner with instructions on how to create sacred space and healing ceremonies partner with your drum to create healing develop your shamanic and psychic abilities free your voice and seek your power song communicate quickly and easily with spirit guides explore your shadow side perform soul retrievals and extractions safely use dreams stones crystals and colors in healing work connect to the healing universe and live in balance

annotation yevgeny vakhtangov pioneered fantastic realism through his innovative theatrical concepts this book compiles new translations of his work on the art of theatre creating a primary source of original material on this theatrical master

toddlers and preschoolers are unpredictable and their antics often keep parents guessing why won t my five year old eat his veggies why does my two year old keep biting her sister why can t my three year old stay in his own bed why must i repeat myself every time i tell my daughter to do something the naughty as well as challenging behaviors of young children can drive even the most patient parents to their wits end in these pages parents learn how to cope with and correct many of the most common behavioral problems that

little ones demonstrate

mindfulness is exceptionally easy to get started with and people often experience benefits almost immediately why then do many initial enthusiasts end up dropping the practice after a short while according to oxford professor and leading mindfulness expert willem kuyken it's because traditional mindfulness training is too far removed from how we actually live this next generation resource brings mindfulness home by teaching core skills in easy to integrate ways that touch directly on life's daily challenges dr kuyken provides stepping stones to help you build a personal practice that is sustainable purposeful and richly rewarding now and for years to come interweaving ancient wisdom and modern scientific psychology the book includes stories quotations reflection questions tips for overcoming hurdles and compelling guided practices including audio tracks at the companion website

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a guide to help emdr practitioners to integrate somatic therapy into their sessions clients who have experienced traumatic events and seek emdr therapists rely on them as guides through their most vulnerable moments trauma leaves an imprint on the body and if clinicians don't know how to stay embodied in the midst of these powerful relational moments they risk shutting down with their clients or becoming overwhelmed by the process if the body is not integrated into emdr therapy full and effective trauma treatment is unlikely this book offers an integrative model of treatment that teaches therapists how to increase the client's capacity to sense and feel the body helps the client work through traumatic memories in a safe and regulated manner and facilitates lasting integration part i foundational concepts offers a broad discussion of theory and science related to trauma treatment readers will be introduced to essential components of emdr therapy and somatic psychology the discussion then deepens into the science of embodiment through the lens of research on emotion memory attachment interpersonal neurobiology and the impact of trauma on overall health this part of the book emphasizes the principles of successful trauma treatment as phase oriented mindfulness based noninterpretive experiential relational regulation focused and resilience informed part ii interventions presents advanced scripted

protocols that can be integrated into the eight phases of emdr therapy these interventions provide support for therapists and clients who want to build somatic awareness through experiential explorations that incorporate mindfulness of sensations movement impulses breath and boundaries other topics discussed include a focus on complex ptsd and attachment trauma which addresses topics such as working with preverbal memories identifying ego states and regulating dissociation chronic pain or illness and culturally based traumatic events also included is a focused model of embodied self care to prevent compassion fatigue and burnout

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FAQs

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