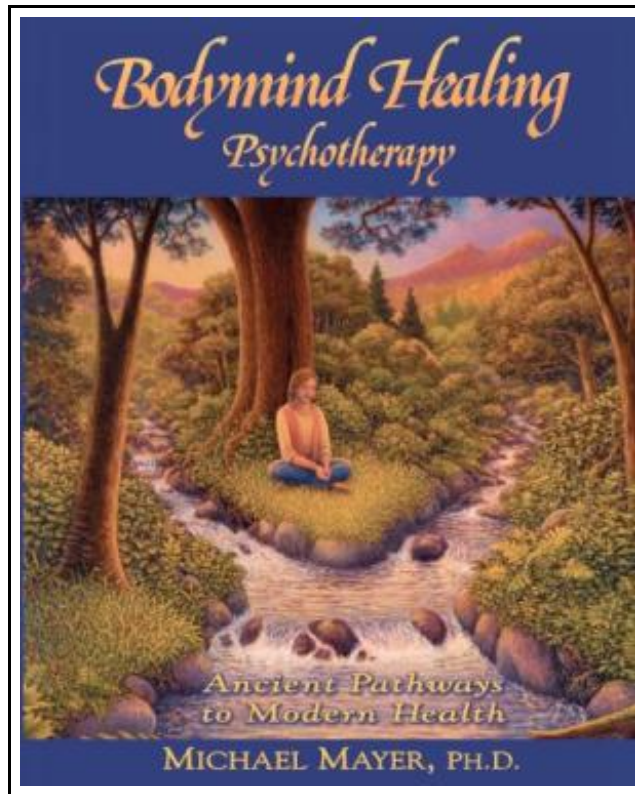


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Createspace, United States, 2007. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.You ve heard psychotherapists called shrinks. Bodymind Healing Psychotherapy takes the shrink-rap off to unveil an expansive view of psychotherapy and mind-body healthcare that includes ancient sacred wisdom traditions and energetic approaches to healing. This era of energy, begun by Einstein, is marked by an outer energy crisis and a search for sustainable solutions. At the same time, an equally insidious inner energy crisis is taking place where stressed-out, battle-fatigued soldiers of the information age reach for pills or extra cups of coffee on a quest to restore depleted internal reserves. In this book you ll discover natural ways to harness the energy of life for bodymind healing, and how to sustain energy, replenish vitality, and cultivate inner peace. Drawing from 30 years of training in Tai Chi and Qigong with some of the most respected masters of these traditions, Dr. Mayer shows how to integrate the essence of these practices into psychotherapy and into our healthcare without ever doing a Tai Chi/Qigong movement, and without mentioning a word about Qigong. From this co-founder of an integrated medical clinic and award-winning author in the field of mind-body healthcare, you ll see how this integrative approach contributes to alleviate the current healthcare crisis. Ancient and modern, East and West, psychotherapy and mind-body medicine are amalgamated to make a stronger integrative medicine. Theory, research, and case illustrations are blended as you learn bodymind healing methods for anxiety, chronic pain, hypertension, insomnia, trauma, and other common issues plaguing the modern world. You ll learn how to use a variety of ancient pathways to help heal the mind and body such as: Chinese medicine approaches including Qigong and acupressure self-touch Innovative symbolic...



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