

Your Body Speaks Your Mind Ebook

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what are your symptoms and illnesses telling you about yourself in your body speaks your mind renowned teacher and bestselling author deb shapiro shows you how mastering the language of your symptoms can actually increase your potential for healing you ll discover how unresolved psycho emotional issues can affect your physical health how feelings and thoughts are linked to specific body parts and steps you can take to heal your body with your mind and to heal your mind with your body by learning the body s language of symptoms writes deb shapiro you will soon discover that there is an extraordinarily intimate two way communication going on that affects both your physical state and your mental and emotional health with your body speaks your mind she shows you how to initiate this communication and decode the priceless information your body is giving you you can download the audio files from readhowyouwant.com

what are your symptoms and illnesses telling you about yourself in your body speaks your mind renowned teacher and bestselling author deb shapiro shows how understanding your body s language of symptoms can increase your potential for healing she explains the interconnectedness between your physical state and your emotional psychological and spiritual health and reveals how unresolved emotional and psychological issues can affect your physical health how feelings and thoughts are linked to specific parts of the body how you can take steps to heal your body with your mind and your mind with your body your body speaks your mind shows you how to initiate communication between body and mind and decode the priceless information your body is giving you in order to achieve better health and a greater sense of wellbeing

what are your symptoms and illnesses telling you about yourself in your body speaks your mind renowned teacher and bestselling author deb shapiro shows you how mastering the language of your symptoms can actually increase your potential for healing you ll discover how unresolved psycho emotional issues can affect your physical health how feelings and thoughts are linked to specific body parts and steps you can take to heal your body with your mind and to heal your mind with your body by learning the body s language of symptoms writes deb shapiro you will soon discover that there is an extraordinarily intimate two way communication going on that affects both your physical state and your mental and emotional health with your body speaks your mind she shows you how to initiate this communication and decode the

priceless information your body is giving you

activate your unique built in healer the language your body speaks is energy just under the surface of your awareness your body mind and spirit are using energetic signaling to communicate constantly with one another this clear and practical guide teaches you how to understand and speak energy so you can participate in your body mind and spirit s unique creation of self easy to use explorations exercises and practices enable you to tap into your internal guidance system and activate your body s innate capacity to thrive

to be healed is to make ourselves whole embracing our lost voices and forgotten selves that have been denied and therefore hidden debbie shapiro examines this intimate connection between the mind and body in your body speaks your mind revealing insights into how our emotional and psychological states affect us physically comparing various medical approaches shapiro intersperses case studies research and exercises as she explores the bodymind connection how unresolved thoughts and feelings affect our health and manifest as illness in specific parts of the body this healing guide explores the structural body from the head to the toes and the inner relationship of each part we are given tools for using the power of the mind and heart to heal the body through breath awareness movement relaxation meditation creative visualization and other complementary healing techniques in your body speaks your mind we find that the path back to health is a journey of self trust and inner strength in the process we come to a different purpose one that gives rise to a new priority that of our salvation our freedom and a discovery of our true potential

a practical way to learn the language of your body to directly influence your health

through exercises stories and reflections licensed body worker and former psychotherapist carmen renee berry explains how the reader can change old habits into new healthful ones that will fortify the body and refresh the mind oringally title making peace with your body in the spring of 1996

if you re a manager you know that people are the key to everything you do whether you ve just moved into the corner office or are a long time manager the everything managing people book provides all you need to create a winning team filled with practical advice the everything managing people book guides you through all aspects of managing from hiring and firing to motivating and promoting this hands on informative book even shows how to overcome employee morale issues mentor younger staff members communicate effectively and lead during turbulent economic times authors gary mcclain ph d and deborah s romaine empower you with the tools you need to conquer these daunting challenges handle corporate changes in structure and policy keep production going during corporate downsizing adjust to new management deal with difficult employees play peacemaker during disputes with other managers write constructive employee evaluations manage your time efficiently

emphasising the primacy of body language in communication this book shows how to use your body so that it will speak more effectively through a series of exercises lorna marshall shows how to recognise and lose physical inhibitions

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