

Trauma Energetics: A Study of Held-energy Systems, 1995, 384 pages, William M. Redpath, 0964773007, 9780964773004, Barberry Press, 1995

In Trauma Energetics, A Study of Held-Energy Systems, describing inner vision strategies drawn from physics, William Redpath examines how trauma is stored energetically in the mindbody. In a holistic, meditational approach to trauma resolution, Redpath demonstrates how to connect to the elusive phenomena of mind/body awareness where there is no movement of our life energy by focusing upon inner color and shape without will or intention; we can readily tap thereby into the most profound aspects of our brain's self-healing capacities. Within a wide-ranging cultural lineage and historical commentary on political religions, myth, and spirit, the author unwittingly has reinvented the alchemical wheel, showing how the forces, strategies, and process which alchemists recognized are still available and in refined, contemporary form, easily and effectively applicable. Redpath's provocative approach to the critical importance of trauma in our cognitive, emotional, and kinesthetic experience is initially complex in presentation. However, he delineates a holistic, meditational vision which is ultimately simple and hopeful.

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Design Energetics The Ancient Pulse of Feng Shui in a Post-Modern World, Michael Warden, 2009, Design, 367 pages. A revolutionary look at the co-evolution of people and their habitat, which suggest that our health, our relationships, our emotional well-being, our sleep patterns, and even.

Body Type Beautiful , Jennifer Cook, Michael D. Wolf, 1984, Health & Fitness, 180 pages. Tells how to determine one's body type, suggests exercise programs for each type, and includes advice on diet, nutrition, and wardrobe.

The Body's Constitution Improved Health and Athletic Performance Through Self Massage and Hybridized Yoga, Keith Null, 2009, Health & Fitness, 36 pages. This book will demonstrate the step by step process to increase your performance in sport and provide a guide to feeling young and alive. Mastering the stretching and self.

Waking the Tiger Healing Trauma : the Innate Capacity to Transform Overwhelming Experiences, Peter A. Levine, 1997, Psychology, 274 pages. A straightforward and drug-free approach to dealing with trauma and behavioral disorders, this book presents simple "first aid" tools to help prevent traumatic reactions from.

Mapping the Mind , Rita Carter, Christopher D. Frith, 1998, Psychology, 224 pages. Covers the multiple functions of the complex human brain, providing graphics and simple terminology and sidebars written by experts in the field of brain mapping..

Injury Afoot 30 Things You Can Do to Relieve Heel Pain and Speed Healing of Plantar Fasciitis, Patrick Hafner, Jul 1, 2008, Health & Fitness, 104 pages. Plantar fasciitis is more than just a case

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The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment , Babette Rothschild, Oct 17, 2000, Health & Fitness, 190 pages. Relates the impact of trauma on the body to the phenomenon of somatic memory. The book illuminates the value of understanding the psychophysiology of trauma for both therapists.

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Getting Unstuck Unraveling the Knot of Depression, Attention and Trauma, Don Kerson, 2008, Psychology, 292 pages. Everyday, thousands of smart, skilled, creative and likeable people find themselves stuck on the road to success in life, because they cant get things done. What theyre.

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