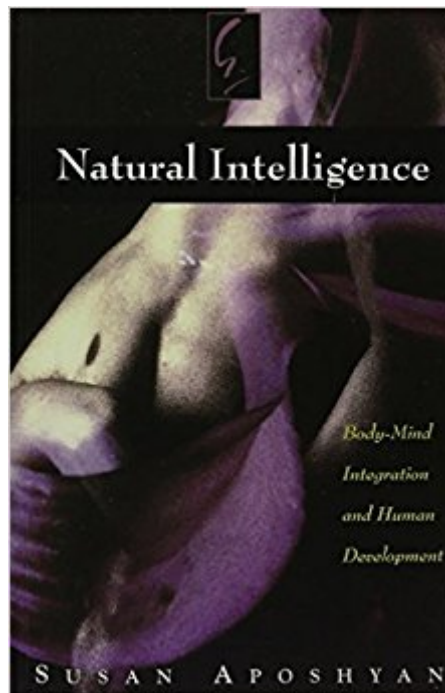




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Perfect Paperback: 208 pages

Publisher: Now Press (February 1, 2007)

Language: English

ISBN-10: 0979226007

ISBN-13: 978-0979226007

Package Dimensions: 8.4 x 5.5 x 0.6 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

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Customer Reviews

From the moment i began reading this book i knew it was really special. It puts a subject that most people have never had experience with in this culture into very human, experiential terms. The concept of experiencing your body as a community of diverse tissues, organs and systems- each with its own personality, emotional history, needs and desires is incredible powerful, thought-provoking and the ultimate definition of "health-conscious". The exercises included in the text are invaluable for beginning to connect and really listen to each and every part of your body and bring so much more of yourself into awareness. This book can be a step on the path to developing a relationship with your body as a natural and incredibly insightful ally to your mind and spirit, and to discovering and resolving repressed issues between all three. Highly highly recommended!!!

I have read this book many times, and each time I take away a new piece of information that I can apply to my clinical work. The work around the developmental stages and neurological actions is well written and developed. This book is clinically sound, practical to read and relevant in any clinical setting. I recommend reading this before reading Body-Mind Psychotherapy as this book lays a strong foundation for the clinically depth book of her other book. Lori L. Yates, LICSW

The book is awesome! I'd recommend it to anyone seeking understanding and seeking to be the best facilitator he/she can be. The price and shipping rate were super low and my book arrived before things closed up for the holiday. The book arrived in excellent condition.

This natural embodiment expressed by Susan Aposhyan works to integrate in subtle refined ways. I use it for myself and with my clients who have trauma and attachment issues. Being a gentle, non-cathartic process it's easy for the body to soften and release. Recommend Susan's approach highly.

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