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Awakening Somatic Intelligence Awakening Somatic Intelligence Somatic Intelligence The Art of Somatic Coaching Holding the Center Freud and Jung on Religion A Guide to Body Wisdom Somatic Descent The Mind-Body Stress Reset On Becoming a Leadership Coach The Enneagram Creative Marketing Tools for Coaches Awakening Somatic Intelligence Writing and the Body in Motion The Wakeful Body Awaken to Your True Self Your Body is Your Brain The Awakening Body In an Unspoken

Voice Stalking Wild Psoas Whole Body Intelligence Awakening Intuition Somatic Voices in Performance Research and Beyond Moving Consciously Trauma Through a Child's Eyes Bodyfulness Unstressed Yoga Sequencing Bouncing Back The Sleeping Beauties The Wild Edge of Sorrow Reclaiming Your Body Waking the Tiger: Healing Trauma Trauma and the Unbound Body Out Of Control Contact Improvisation Call of the Wild Commit to What Is Indestructible Truth Walking with Glenn

Berkenkamp

From trauma educator and somatic guide Kimberly Ann Johnson comes a cutting-edge guide for tapping into the wisdom and resilience of the body to rewire the nervous system, heal from trauma, and live fully. In an increasingly polarized world where trauma is often publicly renegotiated, our nervous systems are on high alert. From skyrocketing rates of depression and anxiety to physical illnesses such as autoimmune diseases and digestive disorders, many women today find themselves living out of alignment with their bodies. Kimberly Johnson is a somatic practitioner, birth doula, and postpartum educator who specializes in helping women recover from all forms of trauma. In her work, she's seen the same themes play out time and again. In a culture that prioritizes executive function and "mind over matter," many women are suffering from deeply unresolved pain that causes mental and physical stagnation and

illness. In *Call of the Wild*, Johnson offers an eye-opening look at this epidemic as well as an informative view of the human nervous system and how it responds to difficult events. From the "small t" traumas of getting ghosted, experiencing a fall-out with a close friend, or swerving to avoid a car accident to the "capital T" traumas of sexual assault, an upending natural disaster, or a life-threatening illness—Johnson explains how the nervous system both protects us from immediate harm and creates reverberations that ripple through a lifetime. In this practical, empowering guide, Johnson shows readers how to metabolize these nervous system responses, allowing everyone to come home to their deepest, most intuitive and whole selves. Following her supportive advice, readers will learn how to move from wholeness, tapping into the innate wisdom of their senses, soothing frayed nerves and reconnecting with their "animal selves." While we cannot cure the painful cultural rifts inflicting our society, there

is a path forward—through our bodies. A highly practical and approachable guide to somatic meditation with easy practices for accessing the body's inherent mindfulness, from an expert in somatic meditation. Tap into the wisdom of the body with down-to-earth practices like "Surrendering to the Breath" and "Befriending Feelings" that allow the body to become the source of mindfulness. Willa Blythe Baker introduces meditation practice as the cultivation of a way of being, rather than a way of doing. It is a way of being that is self-aware, self-compassionate, and embodied. This way of being is not limited to practice on the cushion or on the yoga mat--somatic mindfulness is available at any moment, activated by attention to the body's wisdom and its teachings. Discover the three layers of embodiment, from the earth body of flesh and blood, the subtle body of sensory experience and emotion, and the awareness body of consciousness. The three parts of this book explore these layers through turning

attention to the physical, energetic, and mental dimensions of human experience. By diving deep into the body, readers will find that they already have what they need. Concentration, wisdom, compassion, kindness, and joy are waiting there. The popularity of yoga and Zen meditation has heightened awareness of somatic practices. Individuals develop the conscious embodiment central to somatics work via movement and dance, or through touch from a skilled teacher or therapist often called a somatic bodyworker. Methods of touch and movement foster generative processes of consciousness in order to create a fluid interconnection between sensation, thought, movement, and expression. In *Moving Consciously*, Sondra Fraleigh gathers essays that probe ideas surrounding embodied knowledge and the conscious embodiment of movement and dance. Using a variety of perspectives on movement and dance somatics, Fraleigh and other contributors draw on scholarship and personal practice to participate

in a multifaceted investigation of a thriving worldwide phenomenon. Their goal: to present the mental and physical health benefits of experiencing one's inner world through sensory awareness and movement integration. A stimulating addition to a burgeoning field, *Moving Consciously* incorporates concepts from East and West into a timely look at life-changing, intertwined practices that involve dance, movement, performance studies, and education. Contributors: Richard Biehl, Robert Bingham, Hillel Braude, Alison East, Sondra Fraleigh, Kelly Ferris Lester, Karin Rugman, Catherine Schaeffer, Jeanne Schul, and Ruth Way. It would be impossible for most of us to spend a day without coming into direct or indirect contact with dozens of people family, friends, people in the street, at the office, on television, in our fantasies and fears. Our relationships with others are the most changeable, infuriating, pleasurable and mystifying elements in our lives. Personality types, based on the ancient system

of the Enneagram, will help you to enjoy more satisfying and fulfilling relationships in all areas of your life by introducing you to the nine basic personality types inherent in human nature. This knowledge will help you better understand how others think and why they behave as they do, as well as increasing your awareness of your own individual personality. Written by the leading world authority on the Enneagram, it offers a framework for understanding ourselves and those around us, as well as a wealth of practical insights for anyone interested in psychology, counselling, teaching, social work, journalism and personal management. Palmer analyses Freud's claim that religion is an obsessional neurosis, considers Jung's rejection of Freud's theory, and looks at Jung's assertion that it is the absence of religion, not its presence, which leads to neurosis. *Somatic Voices in Performance Research and Beyond* brings together a community of international practitioner-researchers who explore voice

through soma or soma through voice. Somatic methodologies offer research processes within a new area of vocal, somatic and performance praxis. Voice work and theoretical ideas emerge from dance, acting and performance training while they also move beyond commonly recognized somatics and performance processes. From philosophies and pedagogies to ethnic-racial and queer studies, this collection advances embodied aspects of voices, the multidisciplinary potentialities of somatic studies, vocal diversity and inclusion, somatic modes of sounding, listening and writing voice. Methodologies that can be found in this collection draw on: eastern traditions body psychotherapy-somatic psychology Alexander Technique, Feldenkrais Method Authentic Movement, Body-Mind Centering, Continuum Movement, Integrative Bodywork and Movement Therapy Fitzmaurice Voicework, Linklater Technique, Roy Hart Method post-Stanislawski and post-Grotowski actor-training traditions somaesthetics The

volume also includes contributions by the founders of: Shin Somatics, Body and Earth, Voice Movement Integration SOMart, Somatic Acting Process This book is a polyphonic and multimodal compilation of experiential invitations to each reader's own somatic voice. It culminates with the "voices" of contributing participants to a praxical symposium at East 15 Acting School in London (July 19-20, 2019). It fills a significant gap for scholars in the fields of voice studies, theatre studies, somatic studies, artistic research and pedagogy. It is also a vital read for graduate students, doctoral and postdoctoral researchers. An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence—what parents, educators, and health professionals can do. Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even

falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through a Child's Eyes* gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma. *The Art of Somatic Coaching* introduces the concepts and principles of coaching with practices that include body awareness, bodywork, and mindfulness for both the coach and the client. Author and expert coach, Richard Strozzi-Heckler, PhD, explains that in order to achieve truly sustainable changes in individuals, teams, and organizations, it is necessary to implement body-oriented somatic practices in order to dissolve habits, behaviors, and interpretations of the world that are no longer relevant. He explains that these ways of being

are integrated in the body--at the level of the musculature, organs, and nervous system. By implementing a somatic approach, these patterns can be shifted in order for transformation to occur. Opening with a discussion of the roots of Somatic Coaching, the book describes the emotional and physical cost of being distanced from our bodies. Originating from the rationalistic idea that the mind and body are separate, this sense of disconnection spurred the emergence of the field of somatics that views the body as not just a physiological entity, but as the center of our lived experience in the world. Out of this philosophy, Somatic Coaching was developed as a way to cultivate the self through the body. Methods in this book include:

- Somatic awareness--becoming aware of sensations
- Somatic opening--includes bodywork to release held patterns in the body
- Somatic practices--meditation, movement, and being present in everyday life

The social context in which one is raised, the supportive, healing

force of the outdoors and nature as well as acknowledgment of the spirit are also woven into the practice. Through these practices, a rhythm of unfolding occurs in what Strozzi-Heckler describes as an Arc of Transformation--moving in stages from conditioned tendencies to a new satisfying and fulfilling way of being that is fully embodied. Contents: Introduction; Chapter One: A Short Distance but a Big Cost; Chapter Two: Coaching; Chapter Three: Somatics and Somatic Coaching; Chapter Four: The Methodology; Chapter Five: The Rhythm of Action; Chapter Six: The Somatic Arc of Transformation As in all his books, Heckler draws from personal experience: training his horse, cultivating presence in aikido dojos, consulting with business executives, raising children. A masterful and encompassing book, *Holding the Center* develops from the fulcrum of the self in the natural world. Many of Heckler's lessons arise from his life as a householder and father. Community is a larger family—we make

alliances to “take care of what matters to us.” But, as Heckler teaches, that takes listening to others with an open heart, and learning what the needs of others are. The world can be a sanctuary, if we find a balance between instinct and choice. Richard Strozzi Heckler sounds an important call about the interplay between power and generosity in these subtle and luminous essays. *Indestructible Truth* is one of the most thorough introductions to the Tibetan Buddhist world view ever published; at the same time it is also one of the most accessible. The author presents complex and sophisticated teachings and practices in nontechnical language, using engaging stories and personal anecdotes to illustrate his points. *Indestructible Truth* presents Tibetan Buddhism in its traditional form but also shows how the Tibetan traditions are applicable to the problems and challenges of modern life in the West. In *Indestructible Truth*, Tibetan Buddhism is introduced not as an exotic religion, but rather

as an expression of human spirituality that is having a profound impact on the modern world. In addition, it presents the point of view of meditation and the practice of the spiritual life, paying special attention to contemplative practice and meditation as taught in the Kagyu and Nyingma schools. In most forms of dancing, performers carry out their steps with a distance that keeps them from colliding with each other. Dancer Steve Paxton in the 1970s considered this distance a territory for investigation. His study of intentional contact resulted in a public performance in 1972 in a Soho gallery, and the name “contact improvisation” was coined for the form of unrehearsed dance he introduced. Rather than copyrighting it, Paxton allowed it to evolve and spread. In this book the author draws upon her own experience and research to explain the art of contact improvisation, in which dance partners propel movement by physical contact. They roll, fall, spiral, leap, and slip along the contours and momentum of moving

bodies. The text begins with a history, then describes the elements that define this form of dance. Subsequent chapters explore how contact improvisation relates to self and identity; how class, race, gender, culture and physiology influence dance; how dance promotes connection in a culture of isolation; and how it relates to the concept of community. The final chapter is a collection of exercises explained in the words of teachers from across the United States and abroad. Appendix A describes how to set up and maintain a weekly jam; Appendix B details recommended reading, videos and Web sites. Instructors considering this book for use in a course may request an examination copy here. Discover the joys of mindful walking to find balance, build awareness, and engage body and mind Glenn Berkenkamp invites us to discover how we sense, move, think, and feel in our bodies. By reframing the joys and opportunities presented to us by the act of walking, he shows us how to become reflective and inwardly

directed, even as we take in the world around us. With 35 different walks and the help of a "Which Walks to Do When" user guide, Glenn gives us options for every occasion and emotion. Feeling off-center? Try a centering walk. Feeling down? Lift your spirit with a gratitude walk or a prayer walk. There are walks for listening, grounding, and grieving, as well as rain walks, full moon walks, mindful dog walks, and more. He includes walks for all ability levels, including fun walks for children. As we walk with Glenn, we settle, clarify, and balance our bodies, minds, and spirits--opening to new perspectives and possibilities we didn't know were there. Weaving together biology, living systems thinking, and somatic movement, these nine short essays will inspire somatic therapists, bodyworkers, and movement educators Liz Koch, author of *Core Awareness* and *The Psoas Book*, seeks to dissolve the objectification of "body" in order to reconceptualize human beings as biologically intelligent, self-organizing, and self-healing.

Specifically addressing educators and therapists, she delves into the conceptual framework of core by decolonizing the popular mechanistic thinking of psoas as muscle, inviting the reader on a journey toward reengaging with life's creative processes. The book illuminates the limitations of the predominant paradigm of body and actively explores psoas as a vital, intelligent messenger that links us to an expansive network of profound possibilities. Employing biomorphic and embryonic paradigms, Koch redefines psoas as smart, expressive tissue that is both elemental and universal. Named after her popular exploratory workshops of the same name, *Stalking Wild Psoas* encourages all readers to nourish integrity and claim self-efficacy as creative and expressive individuals. In the midst of daily stress and turmoil, this book exposes the power of our emotions to heal us—and offers new hope for reclaiming contentment, connection, and a greater sense of well-being. Do you feel stressed out during the

day and lie awake at night worrying? You're not alone. In today's hectic, fast-paced world, stress and anxiety have become a default way of being—as natural to us as breathing air. And because stress is an inevitable part of life, one of the most important things you can do for yourself is to learn how to manage and heal it. This book offers proven ways to help you counter the negative effects that stress has on the body and mind. You'll also discover practical skills and clinically proven strategies grounded in mindfulness, neurobiology, and positive psychology to help you cultivate deep sense of emotional resilience. Using the author's innovative HEART tools (Heartful Engagement And Re-focusing Training), you'll learn to manage stress by harnessing the power of positive emotions—such as gratitude, compassion, empathy, and hope—leading to a feeling of expansiveness and possibility, and a lived sense of calm, happiness, and vitality. Your body talks to itself and with its environment

every millisecond of every day. Don't you want in on that conversation? It will make a huge difference in how you experience the day. Every type of well-being, whether it's physical, mental, emotional, or spiritual, happens through the body. However, what happens in the body will be according to its programming or conditioning unless we guide and shape its responses. Hundreds of millions of Americans live day by day in preventable chronic pain that limits their ability to work, play, and rest at night. This little known, easy-to-learn method has been around for decades and helped countless people to be empowered to help themselves. Somatic education not only is an invaluable adjunct to whatever workout routine you already have, it can also be used as the foundation of your wellness plan. It uses the body's own communication systems that retrain tension patterns to release, balance, and reset your system. It really works! The principles of this body of work are embedded in osteopathy,

chiropractic, t'ai chi and chi kung, meditation, yoga, performing arts, sports, and dance. They all require consciously tuning in and connecting to an aspect of the body and mind in order to optimize its capacity to respond in a harmonious, efficient way. Understanding these principles sets you free to self-regulate and maintain balance on your own. "Somatic Intelligence" embodies the wisdom, tools and principals to tap into the universal field and the inner world of awareness of body/mind, the now and future of medicine, awakening the healer within! Written for professionals and lay persons as well, it is a living, breathing gift to humanity. Suresha's wisdom gift has many times over assisted my own healing, transformation, teaching and healing practice. A blessing Indeed." - Shahido Kempter, M.A., Enicnitas CA, Pilates teacher, Biodynamic Craniosacral Therapist "In striving for wellness & self-awareness, we must learn to listen to our inner voice. This well-researched, easy-to- implement treatment plan helps us to

gain access to this deeper realm to of what it means to be human." Dr. M. Lindauer, B.A., M.Sc., D.C. "Adding Neuromuscular rehabilitation to my skill set has enhanced not only my efficacy as a massage practitioner, but also given my yoga teaching added dimension. Combining yogic based awareness practice into my bodywork, including neuromuscular therapy has furthered that discipline as well. They are well suited for one another." - Mark Kahn, Yoga Instructor and Massage Therapist The work of the mature person is to carry grief in one hand and gratitude in the other and be stretched large by them. Noted psychotherapist Francis Weller provides an essential guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for mastering the art of grieving. Describing how Western patterns of amnesia and anesthesia affect our capacity to cope with personal and collective sorrows, Weller reveals the new vitality we may encounter when we welcome, rather than fear,

the pain of loss. Through moving personal stories, poetry, and insightful reflections he leads us into the central energy of sorrow, and to the profound healing and heightened communion with each other and our planet that reside alongside it. *The Wild Edge of Sorrow* explains that grief has always been communal and illustrates how we need the healing touch of others, an atmosphere of compassion, and the comfort of ritual in order to fully metabolize our grief. Weller describes how we often hide our pain from the world, wrapping it in a secret mantle of shame. This causes sorrow to linger unexpressed in our bodies, weighing us down and pulling us into the territory of depression and death. We have come to fear grief and feel too alone to face an encounter with the powerful energies of sorrow. Those who work with people in grief, who have experienced the loss of a loved one, who mourn the ongoing destruction of our planet, or who suffer the accumulated traumas of a lifetime will appreciate the

discussion of obstacles to successful grief work such as privatized pain, lack of communal rituals, a pervasive feeling of fear, and a culturally restrictive range of emotion. Weller highlights the intimate bond between grief and gratitude, sorrow and intimacy. In addition to showing us that the greatest gifts are often hidden in the things we avoid, he offers powerful tools and rituals and a list of resources to help us transform grief into a force that allows us to live and love more fully. This book focuses on coaching leaders in the context of the organizational systems within which they lead, drawing on the curriculum of the Georgetown University Leadership Coaching Certificate Program, one of the premier coach training programs in the world and the only one with this particular focus. *Out of Control* chronicles the dawn of a new era in which the machines and systems that drive our economy are so complex and autonomous as to be indistinguishable from living things. A guided tour through the body's

innate healing powers Many of us have learned to ignore, deny, or even mistrust the wise messages our bodies give us. The result is that when trauma strikes, a time when we need every aspect of our beings to master the challenge, we may find ourselves disconnected from our greatest strengths. Suzanne Scurlock-Durana, who has spent thirty years studying the gifts of the body and teaching thousands how to reclaim them, began to recognize this strength, which she likens to a GPS, when she herself experienced a life-threatening trauma. Here she walks readers through different areas of the body, revealing the wisdom they hold and how to reconnect with that wisdom. As she shows in this warm, compassionate book, the body's abilities are always available; we must simply reconnect with them. *Yoga Sequencing: Designing Transformative Yoga Classes* presents the essential principles and methods for planning and sequencing yoga classes. Addressing one of the most popular topics in the yoga profession,

this book offers sixty-seven model sequences of yoga poses (asanas) that cover the broad range of yoga student experience, including multiple sequences for beginning, intermediate, and advanced students; yoga for kids, teens, women across the life cycle, and seniors; classes to relieve depression and anxiety; and sequences for each of the major chakras and ayurvedic constitutions. Each sequence provides guidance for teaching the different breathing (pranayama) and meditation techniques that give yoga its transformative power. Enhanced with over 2,000 instructional photos and an elaborate guide to the constituent elements of over 150 yoga asanas, the book draws equally from ancient yoga philosophy and contemporary insights into functional anatomy, biomechanics, and kinesiology. The nuanced interrelationships among asanas within and between the seven asana families are explored and the anatomy of opening and stabilizing each pose is explained for sequences designed around specific needs

and intentions. A comprehensive appendix includes a glossary of yoga-related terms, an alphabetical asana index with thumbnail photographs of each asana, a class planning worksheet, representative sequences from several popular styles of hatha yoga, and a list of resources for further exploring sequencing and the larger practice of teaching yoga.

****Unraveling Trauma in the Body, Brain and Mind—a Revolution in Treatment**** In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. *In an Unspoken Voice* is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions.

Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings. "Advice, exercises, and examples to help readers increase their clarity, connection, competence, calm, and courage, from a clinical therapist, mindfulness teacher, and expert on the neuroscience of relationships. Applicable to relationships, jobs, and everyday life"--Provided by publisher. "A detailed operating manual for healing pain and awakening embodied joy" through body-oriented Somatic Learning practices that incorporate mindfulness, breathing, and more (Rick Hanson, author of *Buddha's Brain*) *Awakening Somatic Intelligence* offers a guide to Somatic Learning, an innovative body-oriented approach that incorporates mindfulness, visualization, breathing exercises, postures, and stretches.

Developed by author, psychotherapist, and award-winning songwriter and poet Risa Kaparo, PhD, *Somatic Learning* is based on leading-edge research demonstrating the power of the mind to activate physiological, mental, and emotional healing. Kaparo has successfully used her approach with patients suffering from chronic pain, high blood pressure, and mood disorders including depression and anxiety. Recounting her own struggle with chronic pain, Kaparo begins with a moving description of her journey from crippling pain to renewed health and aliveness. Kaparo introduces the concepts and characteristics of Somatic Learning, a method that grew out of her personal healing experience. Incorporating the latest brain research in mindfulness and neuroplasticity, the book presents breathing exercises; postures and stretches for morning and bedtime; instructions for integrating mindfulness practice into one's daily life; and ways of deepening the practice through touch and caring interaction with

others. Enhanced with over 100 detailed instructional photos and illustrations, the book includes inspiring case stories and the author's own expressive poetry that illuminate the healing power of this practice. Based upon the author's lifetime practices as a dancer, poet and teacher, this innovative approach to developing body awareness focuses on achieving self-discovery and well-being through movement, mindfulness and writing. Written from a holistic (rather than dualistic) view of the mind-body duality, discussion and exercises draw on dance, psychology, neuroscience and meditation to guide personal exploration and creative expression. *Commit To What Is* shows you how to process your emotions in ways that will transform your life. In this book, Susan Kullman introduces you to an evolutionary perspective on our feelings and reveals the growth opportunities that lie hidden inside our emotional experience. As you read each chapter, you will be guided through a journey of inner

revelation and discovery. You will learn how to transcend any obstacles that might be standing in the way of creating the life you always dreamed about. This book introduces mind/body practices that are based on the latest brain research in somatic education and neuroplasticity. These practices have the power to dismantle negative patterns of self judgement and release you from the shame that was truly never yours in the first place. In this book you will: -experience the gifts that exist inside each of our so-called negative primary emotions- discover how to reframe your emotional experience to release your evolutionary potential-learn about tools that help you to increase your emotional awareness and embodied wisdom-gain a greater sense of control in guiding the future direction of your life-build a sense of empowerment by growing beyond what you once thought was possible Most self-improvement programs train people to identify and solve problems by grappling with

them endlessly, often to no avail. Executive coach Steve Sisgold, however, knows that the body--not the mind--is the most reliable and effective pathway to realizing your innermost desires and achieving success. His unique, body-centric approach will show you how to get out of your head and take charge of every area of your life with increased awareness, clarity, and confidence. Whole Body Intelligence teaches you how to become aware of subtle body sensations--such as gripping the phone or clenching your jaw during a tense conversation--and how to interpret their meanings, linking them to negative thoughts and behaviors that are impeding your success and happiness. You will recognize the patterns and imprints that have shaped your experiences and decisions for your entire life and learn how to change these thoughts and behaviors before they become self-sabotaging. No more overthinking! Decisions will become easier to make and you will stay engaged, resilient, and relaxed in any situation.

With an easy-to-follow 30-day plan, body centric stress management tools, and inspiring stories of people who have changed their lives using this system, Whole Body Intelligence empowers you to channel the power of your body to achieve your wildest dreams. In Sweden, hundreds of refugee children fall into a state that resembles sleep for months or years at a time. In Le Roy, a town in upstate New York, teenage girls develop involuntary twitches and seizures that spread like a contagion. In the U.S. Embassy in Cuba, employees experience headaches and memory loss after hearing strange noises during the night. These are only a few of the many suspected culture-bound psychosomatic syndromes—specific sets of symptoms that exist in a particular culture or environment—that affect people throughout the world. In *The Sleeping Beauties*, Dr. Suzanne O’Sullivan—an award-winning Irish neurologist—investigates psychosomatic disorders, traveling the world to visit communi-

ties suffering from these so-called mystery illnesses. From a derelict post-Soviet mining town in Kazakhstan to the Mosquito Coast of Nicaragua to the heart of the María Mountains in Colombia, O’Sullivan records the remarkable stories of syndromes related to her by people from all walks of life. Riveting and often distressing, these case studies are recounted with compassion and humanity. In examining the complexity of psychogenic illness, O’Sullivan has written a book of both fascination and serious concern as these syndromes continue to proliferate around the globe. Now in 24 languages. *Nature's Lessons in Healing Trauma... Waking the Tiger* offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic

symptoms, the mystery of human trauma is revealed. Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed. "Just as an open hand is hidden within a fist, our true nature, with its innate capacities for happiness, love, and wisdom, is hidden within our pain and numbness. Just as we can open a fist to reveal a hand, our unbound, unconstructed being can emerge from our pain and breathe again." —Dr. Judith Blackstone, *Trauma and the Unbound Body Heal* trauma. Reclaim your body. Live with wholeness. These are the gifts of utilizing the power of fundamental consciousness—a subtle field of awareness that lies within each of us. In

Trauma and the Unbound Body, Dr. Judith Blackstone explores how we can resolve the mental, physical, and emotional struggles of trauma through the power of fundamental consciousness. Dr. Blackstone weaves her 30-plus years of psychotherapy practice to present a simple yet revolutionary approach to healing trauma. She writes, "All of the constrictions in our fascia (the connective tissue surrounding muscles and organs) are moments of our past that we have stopped in their tracks and held in that way, unconsciously. They are frozen moments of our past." *Trauma and the Unbound Body* explains how and why the body constricts in response to trauma, causing physical and emotional pain. Dr. Blackstone guides us through step-by-step processes to unwind those constrictions by attuning to fundamental consciousness, setting the body free of trauma once and for all by uncovering an unbreakable, unified ground of being. In *Trauma and the Unbound Body*, Dr. Blackstone discusses: ? The

five main purposes for bodily constriction—and how to release them to return to wholeness ? How to inhabit the body as fundamental consciousness to liberate trauma-based constrictions ? The Realization Process—a meditative practice for embodied spiritual awakening ? Discovering the unified ground of being within the body that enables lasting change In this groundbreaking, major work on intuition, well-being, and brain science, Dr. Mona Lisa Schulz reveals innovative, fresh, and exciting ways to tap into intuitions that have the power to improve your health and save your life. Like Spontaneous Healing and Anatomy of the Spirit, this book gives new insights into the intimate connections between the mind, body, and emotions. Like The Man Who Mistook His Wife for a Hat, it provides astonishing new perspectives on what science has uncovered about the powers of the mind and cellular memories. Dr. Schulz relates how her clients have used intuition to gain insight into the

underlying meaning of their life challenges, stories that will inspire you to learn your own body's unique perceptive language. By learning to read your sensations, memories, and the signals of distress and disease, you can strengthen your mind-body consciousness and empower yourself to create a healthier, happier life. The Definitive Guide for Getting Unstuck & Waking Up Have you ever wondered, “Why am I still stuck despite all the inner work I’ve done?” Do you feel trapped repeating the same cycles and stories over and over again, no matter what you heal or fix? Are you looking to learn the truth about who you are beyond your struggle and success? Is there a challenge or plateau you’re trying to overcome that isn’t responding to conventional methods? Awaken to Your True Self is a practical guide on transformation, embodiment, and shadow work. It integrates holistic perspectives from somatic therapy, mindfulness, and spirituality to help you get unstuck. Andrew Daniel grounds timeless

spiritual truth in approaches and exercises that help where traditional self-help fails. These approaches defy conventional advice—and that’s exactly why they work when nothing else does. If you’re confused and frustrated despite all you know and achieved, or how much you’ve worked on yourself, because you feel like: - You should be further along or already past this - You could be expressing yourself more fully in life - You shouldn’t be repeating the same cycles again and again - Your success in relationships, career, health, & spirit should match Stop and imagine how your life would look in just a year, if today you were able to: - Break through that plateau in your sport, art, craft, practice, or meditation - Reach your potential and move past career or financial ceilings, and creative blocks - Know how to attract the right people or circumstances without second-guessing - Relax into the peace and freedom from not having to fix everything about yourself - Eliminate anxiety, fear, co-dependency, insecurity and start fully

experiencing life ...would you be willing to hear about unconventional solutions that helped thousands of others? A fraction of what you will learn: How the story you tell yourself keeps you stuck and what you’re missing out on The most efficient “level” to focus on for change never addressed in self-help A math formula that reveals why things get worse the harder you try Why your fast intellect may be slowing you down, and the benefits of intelligence Common narcissistic traps that keep us from being supported and told the truth The paradox of why seeking a spiritual path leads to more suffering, not less The truth about how we get trapped in victim mentality and what to do to heal What you are secretly avoiding or not allowing that stifles your progress The solution to addiction, or, why personal development and self-help is failing you An eternal truth that illuminates the startling connection between all our behaviors “That wasn’t my intention”—why you keep getting the wrong results from the right actions How to get

feedback from others and the space around you to break-through How to make sure you're living for something greater than your ego so you can thrive Overcome duality and win the war against our darkest and most undesirable parts The most obvious, simple, yet enigmatic action to take that everyone over-complicates Learn the secrets of the now and embody a vision that will come true Discover the somatic solution to being in your head based on Cinesomatics® What five things we must hold steadfast in our life for success, joy, and healing Previously published as "Why You're Still Stuck" by Drew Gerald A powerful meditation practice for connecting with your body's innate, guiding wisdom. Have you ever had a "gut feeling" about a certain person or situation? Or a sense of intuition about how to respond to a particular challenge in your life? There's nothing magical or mystical about those kinds of scenarios. In fact, our body contains immense wisdom not directly available to our conscious mind, and it is continually

communicating to us in the form of bodily feelings, impressions, sensations, corporeal intuitions, and felt senses. However, because most of us are so cut off from our somatic experience, we are quite unaware of this dimension of our body's expression. Although this intelligence may feel hidden most of the time, the wisdom of the body can actually be a guide for us in living our lives fully and also in responding compassionately to others. Through a meditation practice called Somatic Descent, Reggie Ray shows us how to connect with our body's intuitive intelligence. In Somatic Descent we see that the body is always showing us what sort of response, direction, or action may be called for at any given time, and can in fact be relied upon as a primary practical resource for decision-making in our everyday life. The book will include links to online audio recordings of the guided meditations to further aid the reader. A senior Buddhist teacher offers fundamental body-based meditation practices that prove

enlightenment is as close to you as your own body. Many of us experience life through so many conceptual filters that we never recognize the freedom and joy that are inherent in us—and are in fact the essence of who we are. We can grow old not realizing that one of the most powerful tools to escape the painful knots we tie ourselves in is, literally, at our fingertips: our body. With *The Awakening Body*, Reggie Ray cracks open the shell of the mind-body dichotomy and presents six fundamental body-based practices that connect us back to who we really are. These practices cut through the mental fabrications through which we experience our world and lead us directly to the richness of living a fully present, embodied human life. This book includes a link to free downloads of recorded guided practices. Focussing on distinct body practice from a range of different methods, Graeme Lynn demonstrates how to use the physical body to encourage general health and wellbeing. Starting with the fundamental

concepts of movement to more advanced practice, this book will serve as a comprehensive guide to developing the physical body to transform the quality of movement, and bring greater pleasure and effectiveness into every action. Specific lessons include *The Alexander Technique*, *The Feldenkrais Method*, and *Hatha Yoga*. Describing the core benefits of these methods, why they complement each other and how to use them, this is essential reading for students and practitioners of somatic methods as well as anyone interested in learning new ways to optimise health and wellbeing. *Your Body is Listening. Are You?* Deepen your spirituality, heal old wounds, and enhance your emotional and physical wellness by engaging in a conversation with your body. This innovative, down-to-earth guide teaches you how to listen to, understand, and work with your body's innate wisdom in everyday living. *A Guide to Body Wisdom* provides step-by-step instruction on how to create a personalized self-care regimen that

works. You'll learn to quiet your mind and live consciously in your body through a variety of practices, including breathwork, mindful eating, meditation, affirmation, and positive habit building. Featuring simple exercises and techniques, as well as a Body IQ quiz, this valuable book helps you end negative thinking, develop intuition, improve relationships, boost creativity and personal power, and much more. Includes a foreword by Judith Aston-Linderoth, creator and director of Aston Kinetics Praise: "While we have learned during the past few decades the importance of emotions and beliefs in health, the body has too often been neglected, or regarded as a mechanical object that sooner or later is doomed to fail. In *A Guide to Body Wisdom*, Ann Brode gives the body its due by showing how it can function as a source of wisdom and strength in total harmony with the mind. Brode's perspective is long overdue, offering a holistic, balanced view of what it means to be human."—Larry Dossey, MD, author

of *One Mind* "This book includes a myriad of everyday ways to awaken and experience the body's innate intelligence. It is full of interesting facts, intriguing exercises, and useful strategies."—Risa Kaparo, PhD, somatic psychotherapist, creator of Somatic Learning, and author of *Awakening Somatic Intelligence* Professional coaches are often great at what they do, but hate or fear marketing their practice to connect with clients. *Creative Marketing Tools for Coaches* helps coaches (and other self-employed professionals) to explore their natural gifts and talents, and then use them to put the word out about their work. The philosophy is that, by using talents and skills that you enjoy using, you're more likely to market on a regular basis. Plus, your natural enthusiasm for what you're doing will come through and attract the perfect clients to you. Readers will learn the basics of doing websites, e-zines, blogs, podcasts, articles, books, audios, videos, workshops and numerous other tools,

from which they can choose the ones that most appeal to them. Extensive resource lists are provided to further investigate and learn to work with selected tools. Tap the intelligence hidden in posture, gesture, and sensation and you will open the door to more meaning, greater courage, deeper connection, and more powerful leadership than you imagined possible. A somatic counselor offers tools for developing a deeper, more awakened relationship with your body through sensation, breath, and movement. As a foundation for a contemplative life, the body can both literally and metaphorically help us wake up. Breathing, sensing, and moving—the ways we know our body—carry tremendous contemplative potential, and yet, we so often move through our days unaware of or in conflict with our physical selves. In *Bodyfulness*, renowned somatic counselor Christine Caldwell offers a practical guide for living an embodied contemplative life, embracing whatever body we are in. Each chapter offers insights and

practices that help us recover our lost physical wisdom—to integrate our bodies with mindfulness, to deal with emotions, and to develop attuned relationships. *Bodyfulness* inspires us to reclaim a body-centered contemplative life and challenges us to harness our potential to effect social and personal transformation in this body now. *Awakening Somatic Intelligence: The Art and Practice of Embodied Mindfulness—Transform Pain, Stress, Trauma, and Aging* offers a guide to Somatic Learning, an innovative body-oriented approach that incorporates mindfulness, visualization, breathing exercises, postures, and stretches. Developed by author, psychotherapist, and award-winning songwriter and poet Risa Kaparo, PhD, *Somatic Learning* is based on leading-edge research demonstrating the power of the mind to activate physiological, mental, and emotional healing. Kaparo has successfully used her approach with patients suffering from chronic pain, high blood pressure, and mood disorders

including depression and anxiety. Recounting her own struggle with chronic pain, Kaparo begins with a moving description of her journey from crippling pain to renewed health and aliveness. Kaparo introduces the concepts and characteristics of Somatic Learning, a method that grew out of her personal healing experience. Incorporating the latest brain research in mindfulness and neuroplasticity, the book presents breathing exercises; postures and stretches for morning and bedtime; instructions for integrating mindfulness practice into one's daily life; and ways of deepening the practice through touch and caring interaction with others. Enhanced with over 100 detailed instructional photos and illustrations, the book includes inspiring case stories and the author's own expressive poetry that illuminate the healing power of this practice. Harness your mind-body connection for lasting ease and well-being In our busy, get-it-done-now culture, stress has become the new normal—a normal

that's embedding itself into our minds and our bodies. If left unchecked, stress can dictate how we think, feel, and act. Overwhelm, anxiousness, malaise, and unease are a daily experience. And over time, these stress-reactions turn into habits, leaving us stuck in a mental and physical rut. So, how can you soothe stress before it becomes your go-to? In this practical and accessible guide, you'll find powerful and effective tools for calming stress in both mind and body. Based on the innovative Mind-Body Reset (MBR) program, you'll learn how to stop stress in its tracks with simple somatic exercises. You'll also discover how you can "reset" your nervous system, alleviate stress flare-ups, and boost your overall health and happiness. If you're ready to combat stress, cultivate calm, and live a more vital life, it's time for a reset!

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