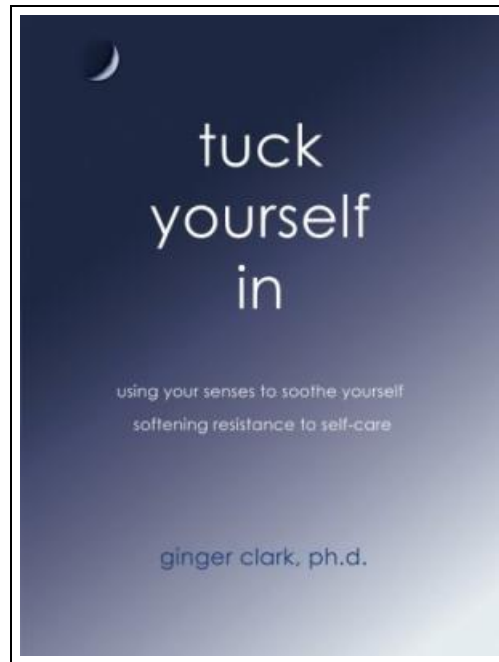


## Tuck Yourself in: Using Your Senses to Soothe Yourself, Softening Resistance to Self-Care (Paperback)



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Balboa Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Access the deep source of wisdom you already have for greater self-soothing, presence, and aliveness. Awaken to your bodyself voice through three listening practices. Often delightful, sometimes poignant, and always informative, bodyself messages are your unique guide. Discover how: Exercises make this material come alive as you read Examples from the author s own experience speak to your interest Experiments can help you sleep better tonight Discover how to soften your resistance to slowing down and taking care of yourself. Experience how change occurs by embracing the sensory moment. Trade energy-depleting addictions for energy-enhancing Goldilocks moments of getting it just right ! Balance Let s Go! doing with Let Go being. This bodymindful approach can enrich every aspect of your life, from eating and exercising to engaging with others. Learning how to self-soothe, re-center, or tuck yourself in during difficult moments is an important skill that few of us learned to do in an optimal way as we grew up. Dr. Ginger Clark has written a fascinating approach on how to develop this crucial skill for your own moments of discomfort, or to help those you care about. Her approach combines her background as a therapist, her knowledge of body-mind-spirit methods, and her vulnerability and courage as a human being who has worked hard for many years to find self-soothing and re-centering steps that are effective and do-able for people from all walks of life. -Leonard Felder, PhD, author of Here I Am: Using Jewish Spiritual Wisdom to Become More Present, Centered, and Available for Life.

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