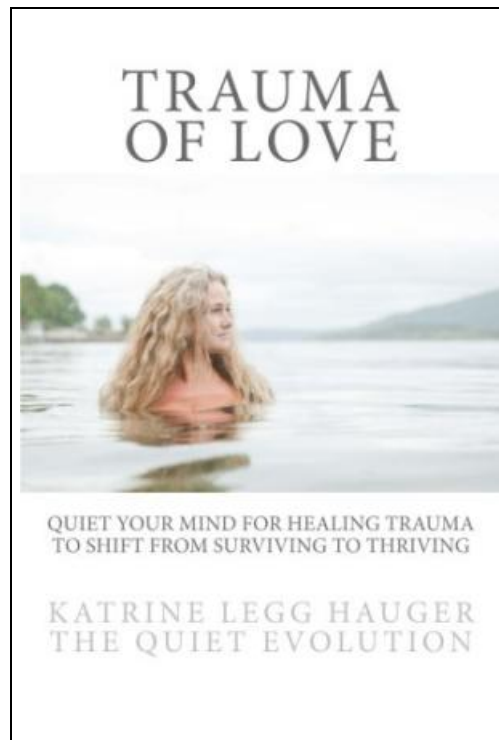


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Reviews

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(Dr. Anya McKenzie)

TRAUMA OF LOVE: QUIET YOUR MIND FOR HEALING TRAUMA TO SHIFT FROM SURVIVING TO THRIVING (PAPERBACK)



Quiet Publishing Katrine Legg Hauger Int., United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What is a human being? What is being? Have you had enough doing? Are you feeling overwhelmed? Being quiet, healing trauma, becoming connected and slowing down are needed now more than ever. Deficiencies in our modern lifestyles of blindly day-walking through life - surviving without connection - goes against the grain of our nature. We are ravaged by survival strategies including stress, fatigue, infertility, addictions, violence, abuse, depression and confusion. My story the Trauma of Love reveals that some of us are too wounded to feel our underlying pain. Our bodies rejection of this not only causes the problems but had the power to heal them. Dare your vulnerability, bodyfulness, the dance of your goosebumps. Own your story and stay grounded in your body psyche consciousness of all there is. What if we didn t have to survive and could simply be - a human being? The fact that we are often blocked from connecting with our bodies underlies most psychological and physiological problems. A unified approach to traditional psychology and modern trauma theory integrates fragmented parts of our psyche in the moment. These parts may include: early trauma, inner and outer victim-perpetrator dynamics, addictions, low self-esteem, stress, shame and self-judgment, while emphasizing our healthy resources and resiliency capacities. This books step-by-step transformational insights and writing methods help you enter your quiet heart space, find new perspectives and be capable of amazing things. The Quiet Evolution is far from quiet in the sense that by following this path, we create a new world. We do it quietly, naturally, by the full range of human capacities and new knowledge to fulfill our divine destiny as cocreators of the emerging...



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