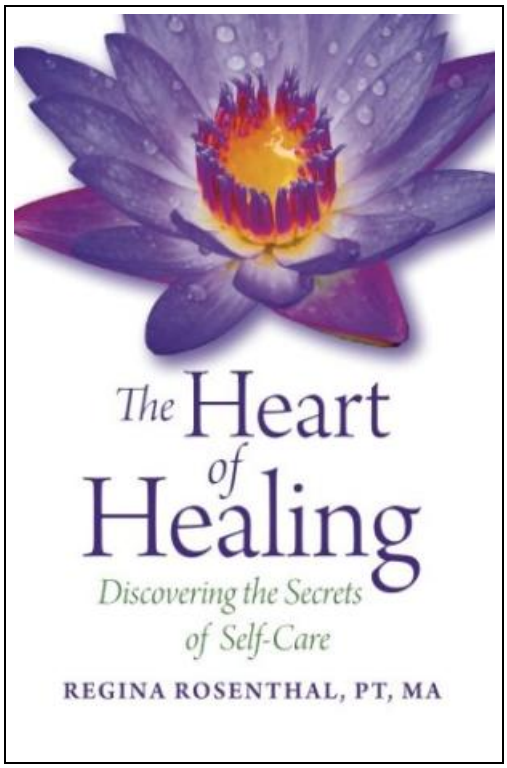
The Heart of Healing: Discovering the Secrets of Self-Care



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Reviews

Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Jayda Lehner Jr.)

THE HEART OF HEALING: DISCOVERING THE SECRETS OF SELF-CARE

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Regina Rosenthal PT LLC. Paperback. Book Condition: New. Paperback. 312 pages. Dimensions: 8.5in. x 5.5in. x 0.7in.The Heart of Healing awakens readers to the dynamics of conscious healing through personal and professional stories that describe this journey home to the heart and authentic Self. It is written for anyone who finds their life turned upside down and difficult in the face of: (1) physical illness, shock, trauma, disease andor disability; (2) emotional challenges that accompany change, anxiety, depression, shock, and post-traumatic stress disorder (PTSD); (3) mental stress, overload, exhaustion, burnout, and unchallenged attitudes, beliefs, and habits that require change; (4) spiritual dark nights of the soul with loss of life meaning and purpose and a sense of emptiness, aloneness, and disconnection. Readers will discover seven universal themes encountered during healing; expand awareness about healing as a lifelong journey of growth and development; and learn how to become active, empowered participants in any healing process. Coming home to the heart is at the center of each theme. Self-awareness will be enhanced as readers take time for reflection, learn to use an Awareness Journal, and participate in body-mind Self-care practices that accompany each chapter. These practices will facilitate the readers ability to integrate and apply learning and insights, support the use of internal and external guidance and resources, and assist with maximizing wellbeing. The process and strategies are easy to follow, build upon each other, and can be used independently, in groups, and in self-directed or counseling formats. The Heart of Healing will expand body-mind awareness and enhance the ability to love and respect the authentic Self, which resides within each individual. A more heart-centered, purposeful, and meaningful life will manifest as readers become aware of their infinite ability to respond to life and healing challenges. This item ships from multiple locations....

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