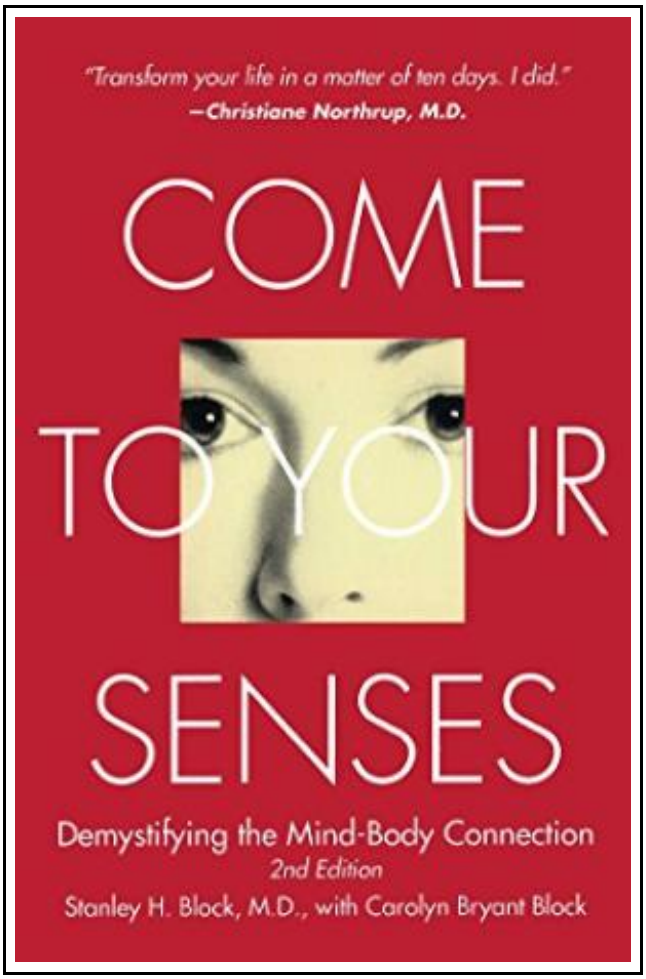
Come to Your Senses: Demystifying the Mind Body Connection



Filesize: 4.37 MB

Reviews

Very helpful to all of group of men and women. It can be writter in easy terms instead of confusing. You will like how the writer write this book.

(Dr. Daren Mitchell PhD)

COME TO YOUR SENSES: DEMYSTIFYING THE MIND BODY CONNECTION

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Beyond Words Publishing. Paperback. Book Condition: new. BRAND NEW, Come to Your Senses: Demystifying the Mind Body Connection, Stanley Block, Carolyn Bryant Block, Joko Beck, Come To Your Senses is revelatory in its simplicity: though rare, there IS such a thing as a quick fix. This book offers readers an elegantly simple and powerful way of achieving a more joyful, natural existence. Instead of trying to discover the deep-seated rationale for our behaviour through undergoing years of psychoanalysis or counselling, Dr. Block, a former Beverly Hills psychoanalyst, has discovered and demystified the Identity System (I-System). He shows readers how easy it can be to free themselves from their own limitations and allow their natural self room to thrive, simply by "coming to our senses" (taste, smell, touch, sight, and sound) and recognising the self-defeating mental tug-of-war that exists in us all. Readers' lives can be transformed in a matter of hours.

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