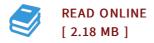




Understanding the Messages of Your Body: How to Interpret Physical and Emotional Signals to Achieve Optimal Health

By Jean-Pierre Barral

North Atlantic Books, U.S. Paperback. Book Condition: new. BRAND NEW, Understanding the Messages of Your Body: How to Interpret Physical and Emotional Signals to Achieve Optimal Health, Jean-Pierre Barral, The body possesses an enormous memory, a record of all the experiences of human life. Fears, anxieties, traumas, and physical and emotional shocks imprint themselves on the body and remain there in a dormant state until they are roused by an event or encounter. They may manifest under a different form or in a different place - a fearful incident may transform itself into a stomach ache or a headache, or even a chronic disease - pain creates its own path. In particular, psychological and emotional stresses affect the functioning of the internal organs. In "Understanding the Messages of Your Body", Dr. Jean-Pierre Barral explains the relationships that exist between our organs and our emotions, to allow us to free ourselves from the effects of present and past tensions and traumas. The book opens with an explanation of how body-mind therapy works, and goes on to propose therapeutic models based on examples from Dr. Barral's clinical practice. The second part of the book serves as a reference for emotion and organ typology, and...



Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- Jamil Collins

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- Brian Bauch