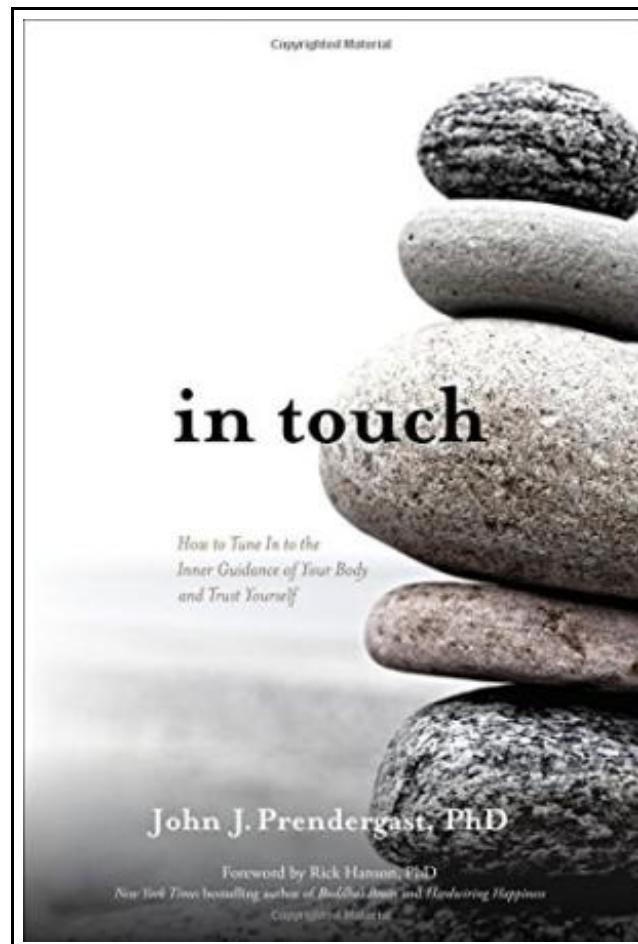


In Touch: How to Tune into the Inner Guidance of Your Body and Trust Yourself (Paperback)



Filesize: 4.89 MB

Reviews

The publication is fantastic and great. It can be rally exciting throgh reading period of time. I am just very happy to inform you that this is the greatest publication i actually have read in my very own daily life and could be he very best ebook for at any time.
(Prof. Alvis Wuckert)

IN TOUCH: HOW TO TUNE INTO THE INNER GUIDANCE OF YOUR BODY AND TRUST YOURSELF (PAPERBACK)

[DOWNLOAD](#)

SOUNDS TRUE INC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Your body has a natural sense of truth. We can feel authenticity in ourselves and in others. However, this innate wisdom is obscured by our conditioning-the core limiting beliefs, reactive feelings, and somatic contractions that fuel our sense of struggle and veil who we really are. In Touch is a groundbreaking, experiential guide to the felt-sense of our inner knowing -the deep intelligence available through our bodies. Each chapter presents moving stories, helpful insights from spirituality, psychology, and science, and simple yet potent experiments for integrating the gifts of inner knowing into every aspect of daily life. Join pioneering psychotherapist and teacher Dr. John J. Prendergast to explore: The phenomenon of attunement -how we accurately sense and resonate with ourselves and others-including an introduction to attachment theory, mirror neurons, and interoception (the ability to sense into the interior of your body) Felt-sensing and the subtle body-our ability to have a whole-body sense of reality and how the seven major energy centers relate to common psychospiritual issues Shadows as portals -how our dark and painful feelings and sensations can point us toward an essential radiance within The art of identifying and undoing our core limiting beliefs The four somatic qualities of inner knowing-relaxed groundedness, inner alignment, open-heartedness, and spaciousness-and how these subtle signals, once recognized, can guide our choices and help us to navigate life's challenges The fruits of inner knowing-the realization of who we are in our depths and the great intimacy with life we can all enjoy As we tune into our deepest nature, our body relaxes, grounds, lines up, opens up, and lights up, writes Prendergast. So far this extraordinarily useful subtle feedback has been largely overlooked;...



[Read In Touch: How to Tune into the Inner Guidance of Your Body and Trust Yourself \(Paperback\) Online](#)



[Download PDF In Touch: How to Tune into the Inner Guidance of Your Body and Trust Yourself \(Paperback\)](#)

Relevant Kindle Books



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Download Book »](#)



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

[Download Book »](#)



How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

[Download Book »](#)



Patent Ease: How to Write You Own Patent Application (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners!...

[Download Book »](#)



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

[Download Book »](#)



Tales of Knights for Kids: Eight Short Fairy Stories about Knights for Children (Paperback)

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Eight short stories about knights are selected from several books of fairy tales

[Read ePub »](#)



The Diary of a Goose Girl (Illustrated Edition) (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Claude A Shepperson (illustrator). Illustrated. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was

[Read ePub »](#)



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: The Red Hen (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 176 x 152 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It

[Read ePub »](#)



Four on the Shore (Paperback)

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 229 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read

[Read ePub »](#)



The Story of Anne Frank (Paperback)

DK Publishing, United States, 2002. Paperback. Book Condition: New. American.. 229 x 147 mm. Language: English . Brand New Book. Thirteen-year-old Anne Frank went into hiding from the Nazis with her family in 1942. Read

[Read ePub »](#)