



## We are All in Shock: How Overwhelming Experiences Shatter You and What You Can Do About it

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By Stephanie Mines

Career Press, United States, 2005. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Shock begins the moment we are confronted with an experience so stunning we are forced to disconnect from our bodies. A baby separated from its mother at birth; witnessing the death of a friend or loved one; losing everything in a natural disaster. Whether you are reeling from the massive sweep of current events that are changing our world at warp speed, or you are dealing with personal catastrophe, or both, this book will help you. We Are All in Shock opens your eyes to how overwhelming events impact all aspects of health. More dramatically, this book gives you, regardless of your background, tools for reclaiming complete well-being. It redefines psychological trauma and revolutionizes the entire concept of self-care by providing holistic, people-friendly treatments that anyone can use. This book contains clear charts and diagrams to help you understand your energy field and how it responds to life circumstances. It provides a broad and sobering perspective that explains why we respond to overwhelming events the way we do, and how we can change those habitual reactions. It opens a...



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