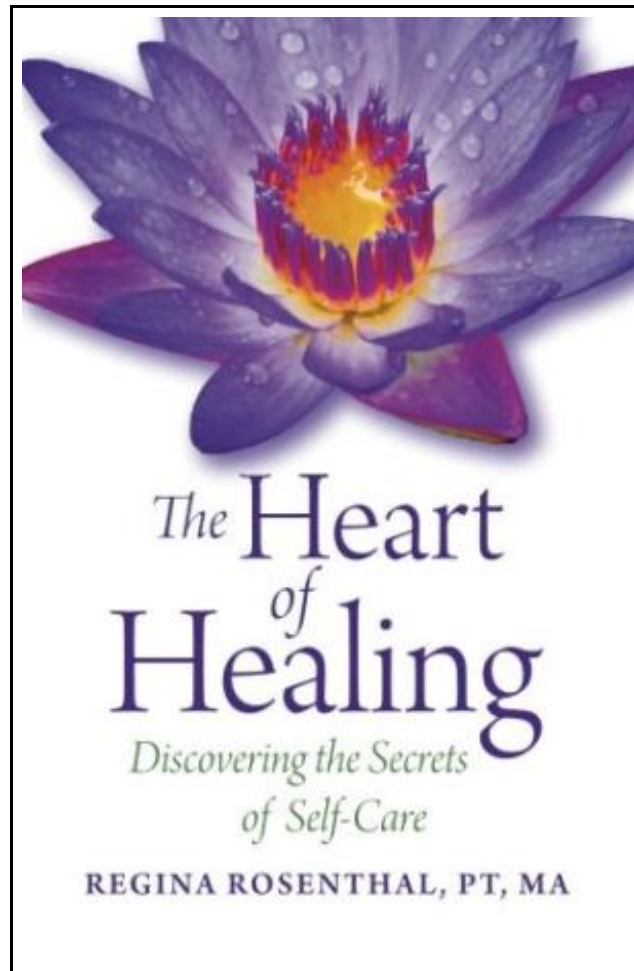


The Heart of Healing: Discovering the Secrets of Self-Care



Filesize: 9.61 MB

Reviews

*Excellent electronic book and helpful one. I could comprehend everything out of this published e book. I discovered this pdf from my i and dad suggested this book to discover.
(Dr. Daphnee Homenick II)*

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

[DOWNLOAD](#)

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 and/or 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....

[Read The Heart of Healing: Discovering the Secrets of Self-Care Online](#)[Download PDF The Heart of Healing: Discovering the Secrets of Self-Care](#)

Related Books



What is Love A Kid Friendly Interpretation of 1 John 3:11, 16-18 1 Corinthians 13:1-8 13

Teaching Christ's Children Publishing. Paperback. Book Condition: New. Daan Yahya (illustrator). Paperback. 26 pages. Dimensions: 10.0in. x 8.0in. x 0.1in. What is Love is a Bible based picture book that is designed to help children understand...

[Read PDF »](#)



Because It Is Bitter, and Because It Is My Heart (Plume)

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with...

[Read PDF »](#)



Dads Who Killed Their Kids True Stories about Dads Who Became Killers and Murdered Their Loved Ones

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Dads Who Kill What would drive a father to murder his own children? The...

[Read PDF »](#)



Moms Who Killed Their Kids: True Stories about Moms Who Became Killers and Murde

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Moms Who Kill Mothers are supposed to be protective and shield their children from...

[Read PDF »](#)



Owen the Owl's Night Adventure: A Bedtime Illustration Book Your Little One Will Adore (Goodnight Series 1)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Professor of Modern English Literature Peter Childs (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Owen is...

[Read PDF »](#)



Short Stories Collection III: Just for Kids Ages 4 to 8 Years Old

2013. PAP. Book Condition: New. New Book. Delivered from our UK warehouse in 3 to 5 business days. THIS BOOK IS PRINTED ON DEMAND. Established seller since 2000.

[Save ePub »](#)



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in. This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured

[Save ePub »](#)



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and

[Save ePub »](#)



The Belated Baby Healing Yourself after the Long Journey of Infertility by Jill S Browning and Kelly James Enger 2008 Paperback

Book Condition: Brand New. Book Condition: Brand New.

[Save ePub »](#)



I Learn, I Speak: Basic Skills for Preschool Learners of English and Chinese

Paraxus International, Inc., United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Please go to // and shapes for some high resolution sample

[Save ePub »](#)