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An Orgasmic Connection to an Ever Changing Universe: A Handbook for Personal/Planetary Survival, and Pleasure, for the Next Century (Paperback)

By Dr Robert W Kessel, Robert W Kessel, Dr Robert W Kessel
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iUniverse, United States, 2005. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****. An Orgasmic Connection To An Ever Changing Universe is a handbook for managing the accelerated pace of change in individual and global affairs occurring in the 21st century. Profound effects of national and global politics, new understandings in health and fitness, and a growing appreciation of our intimate connection to our planet are personal challenges for all. Dr Bob draws upon 45 years of experience as a college professor, psychotherapist, and holistic health practitioner, to provide one book that unifies a variety of disciplines which offers a comprehensive evolutionary path. By including the most recent findings in the social, biological, and physical sciences; as well as examining the historical development of world-shaping ideas, he suggests ways to integrate personal, social, and planetary change. Life style practices designed to improve health and wellbeing include: * Psychological: healing the inner dialog, and coping with painful emotions. * Physical: using movement to strengthen one's inner and outer body. * Social: the effects of others on health and well-being. * Nutritional: the effect of food on health, attitude, and energy....

Reviews

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