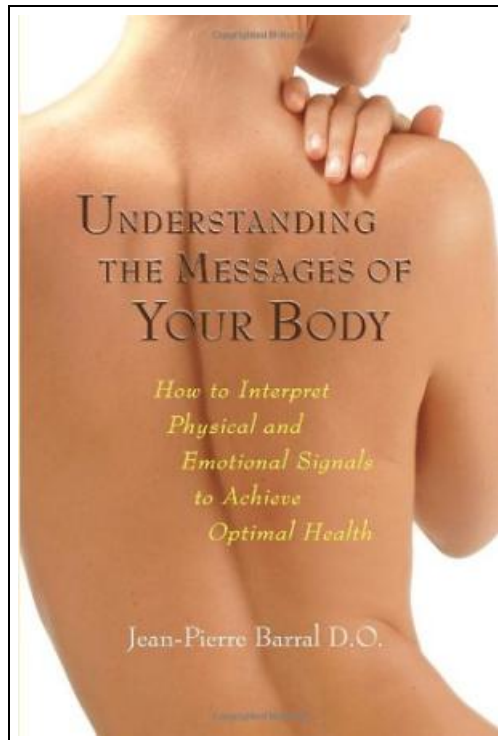


Understanding the Messages of Your Body: How to Interpret Physical and Emotional Signals to Achieve Optimal Health



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Reviews

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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 Dr. Barral gives detailed analyses of various "types" of human personality and the physical-emotional complexes and related organ dysfunctions that accompany them. He also offers abundant advice and encouragement to improve our physical, psychological, and emotional health, and recommends physical exercises, psychotherapeutic approaches, and dietary plans that can be used by both professional therapists and lay people.



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