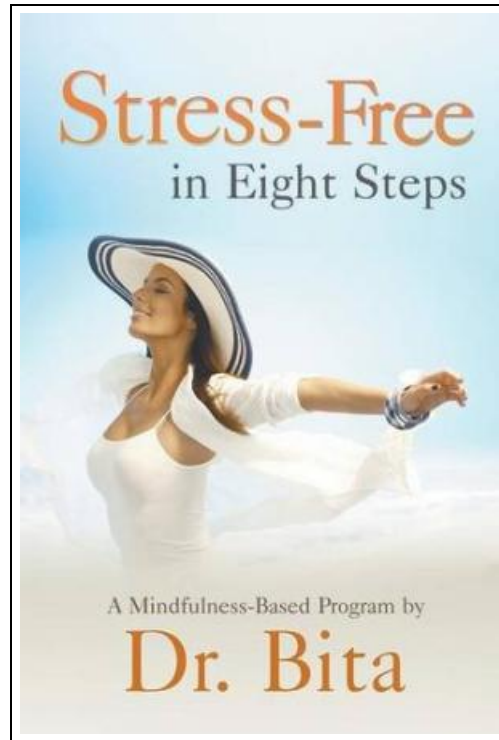


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Reviews

An exceptional ebook and also the typeface applied was intriguing to read through. I have got read and i also am sure that i am going to likely to go through yet again once more in the foreseeable future. I discovered this pdf from my dad and i advised this ebook to find out. (Dr. Raven Ledner)

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Strategic Book Publishing Rights Agency, LLC, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this empowering workbook on stress management, renowned Clinical Psychologist Dr. Bitá offers a comprehensive understanding of the complex inner workings of the mind, and its connection to stress, which when left unaddressed, can harm body and mind. Everyone experiences some level of stress, particularly while undergoing change. A form of mild acute stress can be energizing and push you into action; however, chronic stress can lead to clinical depression, as well as other conditions that can harm your personal life and relationships. The mind-body relationship has been an integral part of the centuries-old Eastern philosophies of Zen, Sufi, and yoga. Various stress trigger signals are sent to the body long before the mind can react. This can lead to changes in digestion, movement, or even posture, which alone can be telling of one s entire history. Combining strategies from different schools of thought, along with her own expertise in cognitive behavioral therapy and mindfulness, Dr. Bitá guides readers through practical techniques and exercises in assertiveness, mindfulness, relaxation, self-hypnosis, and more, to tap into innate survival instincts and overcome daily stressors. We are, after all, programmed survivors. Dr. Bitá is the author of one workbook and two books, including Lifestyle Amnesia: The Brake Pedal to Mindfulness. She is the founder and clinical director of Dr. Bitá s Health Network, a chain of integrative clinics spanning Canada that brings together health care professionals from different fields. Specializing in psychological disorders, she has an eclectic approach to therapy, integrating Schema-focused CBT, mindfulness, and sensorimotor psychotherapy to meet a client s individual needs, allowing them to achieve psychological well-being and empowering them to become their own therapists. Her scientific contributions most famously center...



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