

**A HANDBOOK FOR BODYWORKERS,
HEALERS AND OTHER APPRENTICE SORCERERS**



BODY SECRETS

UNWINDING YOUR HISTORICAL LIMITATIONS

Don McFarland

Body Secrets Unwinding Your Historical Limitations

Pat McCashin



Body Secrets Unwinding Your Historical Limitations:

Body Secrets Don McFarland,1988 Combining Touch and Relaxation Skills for Cancer Care Ann Carter,2019-06-21
Massage aromatherapy reflexology and a variety of relaxation techniques are frequently used in hospices supportive care settings and some hospitals However there are still gaps and limitations in the choices offered to patients HEARTS Hands on Empathy Aromas Relaxation Textures Sound was devised to bridge this gap for complementary therapists patients carers and health care professionals HEARTS can be used either on its own or integrated with a conventional complementary therapy It can also be used easily by health care workers and carers who are not qualified in any therapies By discussing principles which may influence the effectiveness of touch and relaxation therapies the book emphasises that there are easy approaches that can be utilised when working with distressed and vulnerable patients By developing an understanding of touch aromas and the sound of the human voice Combining Touch and Relaxation Skills for Cancer Care guides practitioners in helping their patients achieve a state of relaxation and calm as quickly and easily as possible **Paperbound Books in Print** ,1991

Forthcoming Books Rose Arny,2001-06 **The Momhak Method** Pat McCashin,2025-06-15 Ancient Wisdom Meets Modern Neuroscience A Revolutionary System for Breaking Free from Addiction and Reclaiming Your Life If traditional recovery hasn't worked or you're seeking a deeper more embodied path The Momhak Method offers a powerful new approach Created by archaeologist and former athlete Pat McCashin this system was forged in the fire of personal struggle After years of battling alcohol addiction Pat discovered lasting freedom through a unique combination of breathwork cold exposure movement and mind hacking guided by both ancient wisdom and the latest neuroscience In this book you'll learn to Rewire your brain using affirmations cognitive reframing and the pain pleasure principle Reset your dopamine system naturally with cold exposure and mindful routines Calm your nervous system through breathwork and movement Create lasting momentum with daily rituals rooted in purpose and presence Whether you're on Day 1 or Day 1 000 this is more than a recovery method it's a blueprint for transformation If you're ready to reclaim your mind your body and your future this book will show you how **Risking who One is** Susan Rubin Suleiman,1994 Risking Who One Is shows how the process of self recognition even self construction in the reading of contemporary work can lead to larger considerations about culture and society to the dimensions of historical awareness and collective action The book gives us a new way of looking at issues that are as personal as they are prevalent in the writing the criticism and the life of our times **A General Dictionary, Historical and Critical** Pierre Bayle,1735 *The Healing Code* Alexander Loyd,2011-02-09 With over 1 million copies sold worldwide and translated into 29 languages Dr Alex Loyd's international bestselling book is a life changing program that uses energy medicine to heal mental and physical challenges The Healing Code is your healing kit for life to recover from the issues you know about and repair the ones you don't The book also includes The Seven Secrets of life health and prosperity The 10 second Instant Impact technique for defusing daily stress The Heart Issues Finder the only test that identifies your

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Facing The Unknown A Previvor's Path to Wellness Keisha M Brown, In Facing the Unknown A Previvor s Path to Wellness join author Keisha Brown on a courageous and transformative journey of self discovery This powerful memoir delves into the author s personal odyssey marked by resilience strength and the pursuit of wellness after facing the life altering decision of undergoing a bilateral double mastectomy As a previvor Keisha shares her intimate experiences providing a heartfelt account of the emotional and physical challenges that come with such a profound decision Through eloquent storytelling she navigates the complexities of living as a previvor shedding light on the emotional rollercoaster moments of doubt and the triumphs of self empowerment This book is not just a memoir it s a guide for those who may be walking a similar path offering insights into coping mechanisms wellness practices and the importance of embracing one s own body Delving into the intricacies of post mastectomy life Keisha addresses topics such as self care mental health and the transformative power of self love Embark on a transformative narrative that transcends the boundaries of a traditional memoir as Facing the Unknown empowers readers to embrace their own journeys and find strength in the face of uncertainty This book is for Previvors and Survivors Individuals who have undergone or are contemplating a bilateral double mastectomy as well as those navigating the challenges of life as a previvor Patients and Families Facing Similar Decisions Individuals facing decisions related to mastectomy or other significant medical procedures along with their families and support networks seeking understanding and guidance Healthcare Professionals Medical professionals including surgeons oncologists and mental health practitioners who want insights into the emotional and psychological aspects of patients undergoing such surgeries Support Groups and Communities Members of support groups and communities focused on breast cancer mastectomy and previvorship looking for shared experiences and inspiration Advocacy Organizations Organizations dedicated to breast health cancer awareness and previvor support seeking narratives that raise awareness and provide valuable perspectives General Readers Interested in Personal Growth Individuals interested in personal growth resilience

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