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The Tapping Solution for Pain Relief Nick Ortner, 2016-09-06 More than 100 million Americans deal with chronic pain every day And if you re one of them you ve probably tried all the normal solutions doctors injections medications and surgeries While these all have a place in healing they have fallen short in dealing with the pain epidemic So what can you do In The Tapping Solution for Pain Relief Nick Ortner presents a startling alternative He lays out a step by step plan that teaches you how to use tapping or EFT emotional freedom techniques to reduce or eliminate chronic pain Looking at the scientific research surrounding pain stress and tapping he opens your eyes to just how powerful tapping can be and then outlines tips and techniques to address pain in both the short and long term Nick guides you on a journey that begins on the surface tapping to address the pain itself and moves to the deeper issues that often affect pain With easy to follow tapping scripts and exercises Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck He also addresses topics that you may not think of as associated with chronic pain such as Creating personal boundaries Dealing with toxic relationships Clearing resistance to change Understanding the power of a diagnosis Working through anger There are many ways the brain and body can create increase and prolong pain After reading this book you ll not only understand what s causing your pain but also how to achieve complete and lasting relief But let s face it this is about more than just pain relief It s about empowering yourself to take back your body in order to live the life you want **Men and Loss** Kerry

Jones, Martin Robb, 2024-07-19 This important book draws together new research and theories about bereavement on the one hand and men and masculinities on the other to increase our understanding of men s experience of loss and contribute towards improving support services for men following bereavement Bereavement and loss are unavoidable events in life and can be challenging experiences for anyone regardless of gender However in contemporary western cultures men s experience of bereavement continues to be framed by socially constructed ideas surrounding masculinity which dictate that men must be stoic following a loss with grief manifesting in either anger or despair Men who do not grieve in accepted masculine ways can feel judged alienated or disenfranchised This interdisciplinary and interprofessional collection presents theoretical analysis reports of research findings reviews of support and interventions and a wealth of personal accounts It includes chapters discussing partner loss childhood bereavement perinatal loss and bereavement through suicide as well as bereavement at all stages of the life course Men and Loss is an essential read for advanced students and researchers with an interest in men s health and bereavement studies from a range of disciplinary backgrounds including nursing medicine counselling sociology social work and psychology Why Your Body Speak and How to Listen Gregory James, 2025-11-03 A

practical guide to Somatic Resilience What if the key to feeling safer stronger and more at ease was already inside you In Why Your Body Speaks and How to Listen somatic psychotherapist Gregory James offers a practical science informed roadmap for understanding the body s responses to trauma stress and anxiety Supported by established principles of

neuroscience and the emerging field of body based trauma therapy this book explores how your nervous system holds the story of your life and how tuning into it can change everything Whether you live with anxiety chronic stress or the lingering effects of trauma this book shows you how to work with your body rather than against it You ll learn How to recognise signs of nervous system dysregulation How to understand the physiology behind your stress responses How trauma lives in the body and shapes your reactions How to cultivate safety awareness and presence in your body How to expand your capacity to handle life s challenges How to restore agency connection and emotional wellbeing through simple practices Through clear explanations relatable stories from the therapy room and easy to use exercises that build progressively from chapter to chapter this book introduces the concept of somatic resilience your body s natural ability to adapt and restore balance in the face of overwhelm If you struggle with anxiety carry the weight of past trauma or simply feel overwhelmed by modern life this guide offers a grounded accessible path forward Written for curious everyday readers it is a powerful invitation to understand your body s signals trust its wisdom and move toward a more connected resilient life

Load Up Devotional Kenneth Copeland, Gloria Copeland, 2012-05-01 Perception It is possible to navigate this day in day out world without God Reality God has placed you where you are and wants to be a big part of everything you encounter Bring God into the picture and get strapped in for the experience of a lifetime Load Up is about changing your perception Consider it daily mindwarp Wake up with a new

Präsenz**basier**tes Coaching Christoph J. Koerber, 2023-01-02 Nachdem der Autor ein Coaching und Menschenverstandnis darlegt in dem die Präsenz des Begleitenden als zentraler Wirkfaktor bezeichnet werden kann arbeitet er umfassend ihre tiefgreifende Bedeutung für menschliche Entfaltungsprozesse heraus Dafür zieht er die Coaching und Psychotherapieforschung zu Rate Werke von Philosophen Erkenntnisse der Neurowissenschaften sowie die Praxis des Focusing und die Perspektive der Nondualität Seine Analyse kulminiert in der Integration von erlebensnaher Reflexion z B Focusing und nonduaalem Gewahrsein Dieses Zusammenspiel helfe dem Klienten dabei sich selbst im Ziehen und Zerren seines Lebens verstehen und akzeptieren zu lernen und damit seine Entwicklung zu ermöglichen Von diesen Ergebnissen ausgehend konzipiert der Autor eine Weise des Miteinanders die Präsenz in den ihr gebührenden Mittelpunkt des Coachings stellt macht Vorschlag für ein präsenzkultivierendes Training sowie für eine neue Form von Coaching Techniken den Intraventionen Damit hat der Autor eine exzellente Bachelorarbeit vorgelegt die von ihrer Tiefe eher an eine Dissertation erinnert aus dem Gutachten von Prof Dr Sven Sohr

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The Sweet Life with Bitcoin Anthony Scaramucci, 2021-09-16 Bitcoin is the most important financial innovation of the last century It has already created tens of thousands of millionaires and will likely create many more Anthony is one of the first Wall Street titans to understand the potential of this technology to revolutionize financial markets Sarah Kunst Founder and General Partner Cleo Capital Bitcoin is the most important innovation to money in 1000 years and for the first time in history we get to observe the process of monetization of an economic good in real time Vijay Boyapati Co Founder The Dealmix The headlines about Bitcoin change daily if not hourly One day Elon Musk endorses them but later says he won t accept them as payment for Tesla Hackers seize control of corporate websites and demand payment in cryptocurrency Why would any savvy investor choose to invest in Bitcoin The real question according to Scaramucci is why wouldn t you invest in Bitcoin In this compelling book Scaramucci explains the significance of digital currency and how it is already reshaping the global financial markets He provides a behind the scenes look at how Skybridge Capital started its Bitcoin Fund early in 2021 during the height of the pandemic In Scaramucci s straight talking style you will learn how he and his team assess the risks as well as work with institutional and individual investors

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