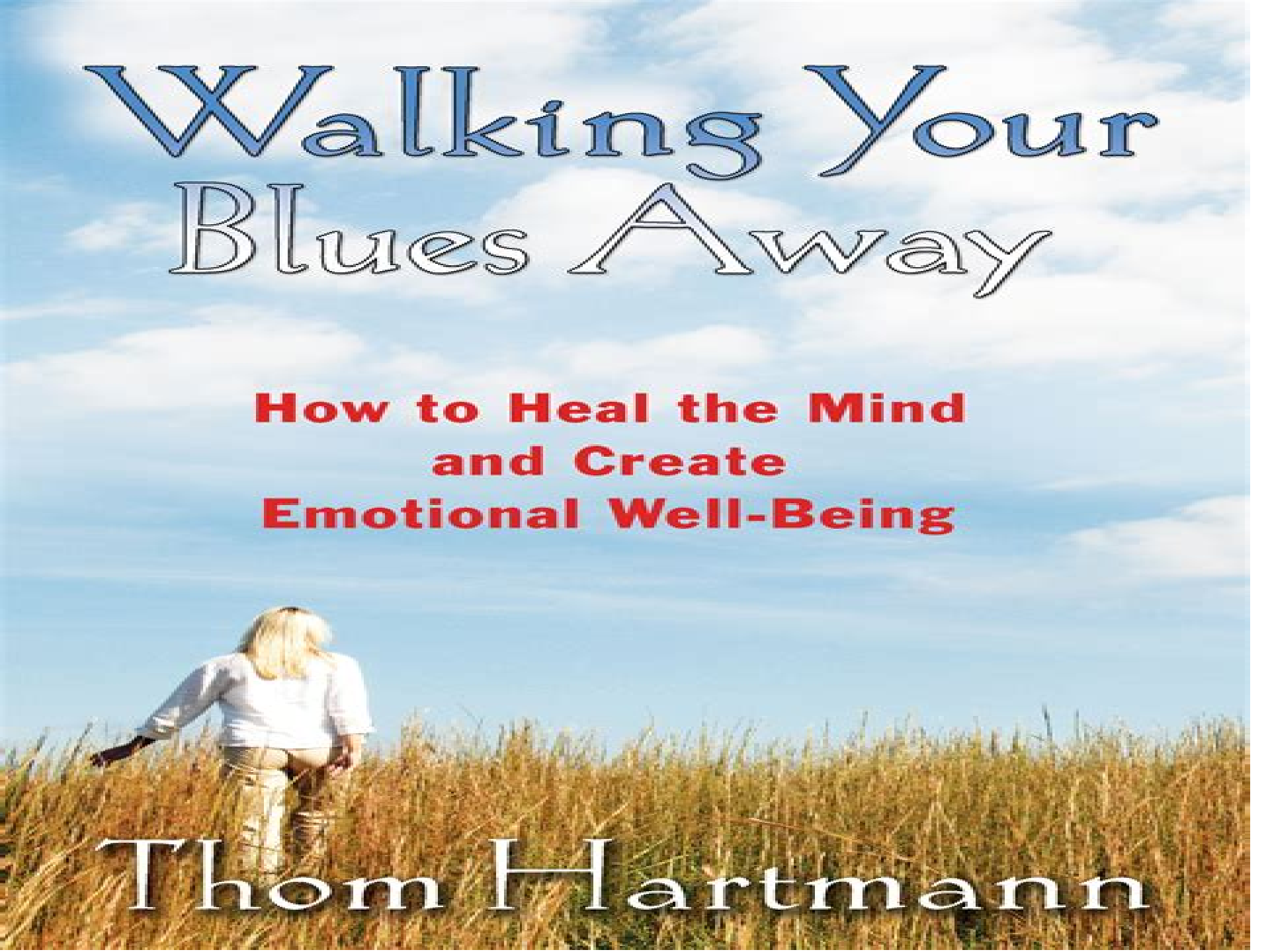


Walking Your Blues Away

**How to Heal the Mind
and Create
Emotional Well-Being**

A person with long blonde hair, wearing a white long-sleeved shirt and light-colored pants, is walking away from the camera through a field of tall, golden-brown grass. The sky is bright blue with scattered white clouds. The overall mood is peaceful and hopeful.

Thom Hartmann

Walking Your Blues Away Walking Your Blues Away

RJ Alexander



Walking Your Blues Away Walking Your Blues Away:

Walking Your Blues Away Thom Hartmann, 2006 **Walking Your Blues Away** Thom Hartmann, 2006-10-19 A new approach to using walking to heal emotional trauma and bring forth optimal mental functioning Explores why and how we carry emotional wounds and how they can be healed and resolved Shows how walking stimulates both sides of the brain to promote and restore mental health Provides simple yet potent mental exercises to use while walking Our bodies usually heal rapidly from an illness injury or wound Yet our minds and hearts often suffer for years with debilitating symptoms of distress or upset Why is it so hard for our minds and hearts to heal The key to healing them is simple and can be just a short walk away Walking a bilateral therapy that has been a part of human life throughout history allows people to heal emotionally as quickly as they do physically Bilateral therapies engage both sides of the brain and unlock natural states of optimal function and creativity Thom Hartmann examines how memory works and why emotional shock can resist normal healing He found that the simple act of walking is effective in treating emotional disturbances ranging from temporary upsets and problems to chronic conditions such as post traumatic stress disorder and depression Case studies have shown dramatic results Walking consciously while holding a distress or desire in mind can rapidly dissolve the rigidity of a traumatic memory or negative mind state dispersing its unpleasant associations in as little as a half hour s time While walking has always been a natural part of life its importance in promoting and maintaining mental health is only recently being rediscovered Hartmann s simple yet potent exercises allow us to create our own walking journeys to restore our mental emotional and spiritual well being as well as rejuvenate our body s health *Blow Your Blues Away* Lulu De Zulu, 2009-11-23 There is no available information at this time Follow 4 Ws to Wellness: Including Stretching, Sleep, Sunlight, and Fresh Air! Jim Carpentier, C.S.C.S, 2024-05-17 Discover the science based wellness enhancing powers of water wholesome foods and beverages walking weight training stretching sleep sunlight and fresh air remarkably optimizing mental and physical health and performance Written during the COVID 19 pandemic amidst a fast paced and medically advanced 21st Century world touting costly prescription and over the counter pills and dietary supplements with potentially risky side effects Follow 4 Ws to Wellness Including Stretching Sleep Sunlight and Fresh Air guides readers toward a slower tempo safer refreshingly simplified and natural wellness path Filled with healthful inspiring nostalgic songs popular lyricists and singers motivational quotes from medical and fitness professionals celebrities historic figures Biblical and Italian proverbs and longevity producing lifestyles of residents in imaginary places this down to earth book profoundly impacts individuals of all ages athletes and non athletes alike About the Author Rutgers University graduate and Certified Strength and Conditioning Specialist Jim Carpentier C S C S served thirty plus years in health and fitness as a YMCA Associate Health and Wellness Director personal trainer and massage therapist high school strength and conditioning coach athletic conditioning specialist for Montclair State University s Sports Medicine Department and Football Team Montclair N J and has written five hundred plus published wellness sports

conditioning articles for STACK com Better Nutrition Coach and Athletic Director Men s Exercise Men s Workout Natural Bodybuilding and American Fitness magazines and other publications He and his cherished wife Rosemarie reside in New Jersey and are devoted walkers practicing a healthy lifestyle **The Thom Hartmann Reader** Thom Hartmann,2011-11-08 Hartmann is perhaps best known for his fierce commitment to Jeffersonian democracy and his steadfast opposition to the corporatization of America But in these pages you ll also discover his Older and Younger Cultures hypothesis which identifies the root cause of so many of our social and environmental ills You ll hear from Hartmann on how to keep our schools from treating children like assembly line products why attention deficit disorder is not an affliction what cloudy Germany can teach us about solar energy and much more Fascinating as these essays are they re ultimately meant to inspire you to action As Hartmann says at the end of every radio program Get out there get active Tag you re it **The Complete Annotated Grateful Dead Lyrics** David G. Dodd,Alan Trist,2015-10-13 Additional edition statement from dust jacket *Walking Your Blues Away* Thom Hartmann,2006-10-19 A new approach to using walking to heal emotional trauma and bring forth optimal mental functioning Explores why and how we carry emotional wounds and how they can be healed and resolved Shows how walking stimulates both sides of the brain to promote and restore mental health Provides simple yet potent mental exercises to use while walking Our bodies usually heal rapidly from an illness injury or wound Yet our minds and hearts often suffer for years with debilitating symptoms of distress or upset Why is it so hard for our minds and hearts to heal The key to healing them is simple and can be just a short walk away Walking a bilateral therapy that has been a part of human life throughout history allows people to heal emotionally as quickly as they do physically Bilateral therapies engage both sides of the brain and unlock natural states of optimal function and creativity Thom Hartmann examines how memory works and why emotional shock can resist normal healing He found that the simple act of walking is effective in treating emotional disturbances ranging from temporary upsets and problems to chronic conditions such as post traumatic stress disorder and depression Case studies have shown dramatic results Walking consciously while holding a distress or desire in mind can rapidly dissolve the rigidity of a traumatic memory or negative mind state dispersing its unpleasant associations in as little as a half hour s time While walking has always been a natural part of life its importance in promoting and maintaining mental health is only recently being rediscovered Hartmann s simple yet potent exercises allow us to create our own walking journeys to restore our mental emotional and spiritual well being as well as rejuvenate our body s health **Catalog of Copyright Entries** ,1946 **Living the Good Long Life** Martha Stewart,2013-04-23 Martha Stewart s engaging handbook for living your healthiest life after 40 with expertise from doctors and specialists on eating exercise wellness home and organizing as well as caring for others Martha Stewart s Living the Good Long Life is a practical guide unlike any other honest and upbeat with clear and motivating charts resources and tips from doctors and wellness specialists From the best ways to organize your home to protecting your mental well being and appearance as you age this book gives accessible ideas that you can

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Practicing Presence

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Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Walking Your Blues Away Walking Your Blues Away** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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