



Your Body Speaks Your Mind: Understanding How Your Emotions and Thoughts Affect You Physically

By Deb Shapiro

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Fully updated and expanded edition of the classic book on body-mind. What are your symptoms and illnesses telling you about yourself? In Your Body Speaks Your Mind, renowned teacher and bestselling author Deb Shapiro shows how understanding your body's 'language of symptoms' can increase your potential for healing. She explains the interconnectedness between your physical state and your emotional, psychological and spiritual health, and reveals: How unresolved emotional and psychological issues can affect your physical health; How feelings and thoughts are linked to specific parts of the body; How you can take steps to heal your body with your mind, and your mind with your body. Your Body Speaks Your Mind shows you how to initiate communication between body and mind, and decode the priceless information your body is giving you, in order to achieve better health and a greater sense of wellbeing.

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Editorial Review

Review

** 'YOUR BODY SPEAKS YOUR MIND is uplifting, accurate and ever so helpful for helping us live more fully and joyfully. Dr Christine Northrup, author of WOMEN'S BODIES, WOMEN'S WISDOM ** 'If you're ready to begin your journey into the land of mind-body relationships, free of guilt, shame and blame, in search of empowerment and healing, this book can be a valuable guide an Dr Bernie Siegel, author of LOVE, MEDICINE AND MIRCALES and HELP ME TO HEAL

About the Author

Deb Shapiro has trained extensively in various schools of bodywork, Buddhist meditation and Jungian psychology in both the UK and America. She has been teaching body-mind therapy and meditation with her husband, Ed Shapiro for over 20 years, and has written several books.

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