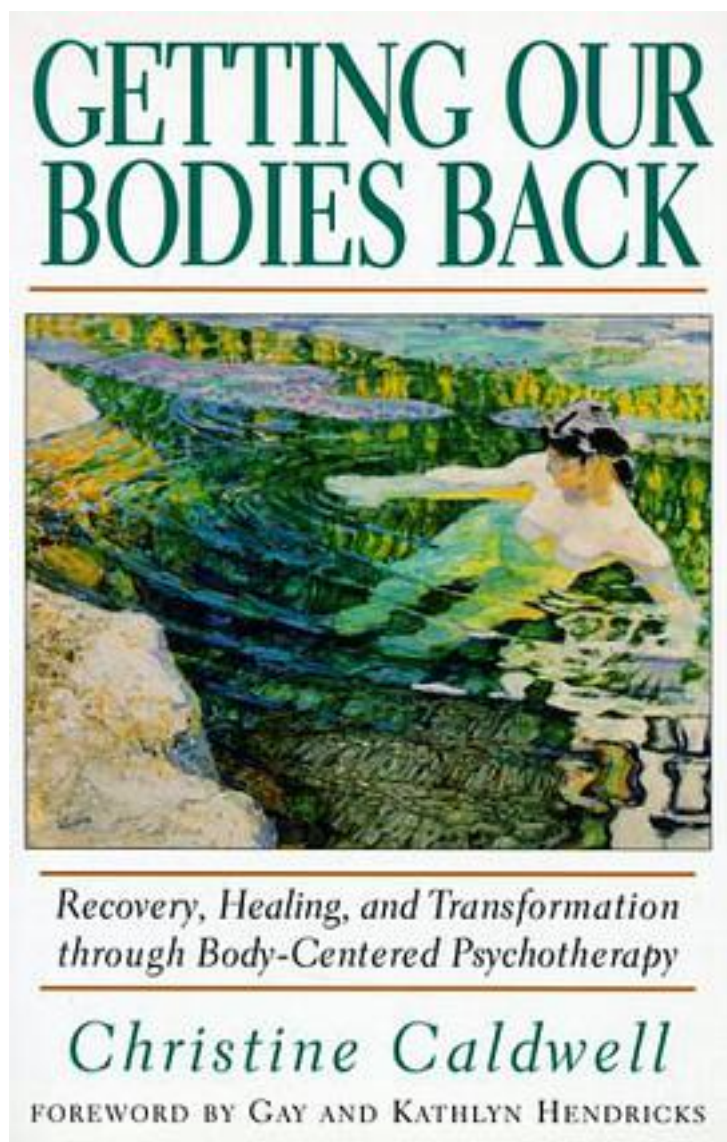


Getting Our Bodies Back



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著者:Caldwell, Christine

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Somatic psychology asserts that habitual body movements such as nail-biting or toe-tapping can be the key for pulling out addictive behavior by the roots. Presenting a model for working with the body that she calls the Moving Cycle, somatic therapist Christine Caldwell shows how to recover lost body wisdom, confront our addictive habits, and more.

作者介绍:

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