



## The Heart of Healing: Discovering the Secrets of Self-Care

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By Ma, Regina Rosenthal Pt

Regina Rosenthal PT LLC. Paperback. Book Condition: New. Paperback. 312 pages. Dimensions: 8.5in. x 5.5in. x 0.7in. The Heart of Healing awakens readers to the dynamics of conscious healing through personal and professional stories that describe this journey home to the heart and authentic Self. It is written for anyone who finds their life turned upside down and difficult in the face of: (1) physical illness, shock, trauma, disease and/or disability; (2) emotional challenges that accompany change, anxiety, depression, shock, and post-traumatic stress disorder (PTSD); (3) mental stress, overload, exhaustion, burnout, and unchallenged attitudes, beliefs, and habits that require change; (4) spiritual dark nights of the soul with loss of life meaning and purpose and a sense of emptiness, aloneness, and disconnection. Readers will discover seven universal themes encountered during healing; expand awareness about healing as a lifelong journey of growth and development; and learn how to become active, empowered participants in any healing process. Coming home to the heart is at the center of each theme. Self-awareness will be enhanced as readers take time for reflection, learn to use an Awareness Journal, and participate in body-mind Self-care practices that accompany each chapter. These practices will facilitate the readers ability to...



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