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Debra recommends the power of focusing

A Practical Guide to Emotional Self-Healing. by Ann Weiser Cornell, Ph.D. I ve been personally using these techniques for my own inner work for about 8 years.

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Ann Weiser Cornell (born Ann Weiser on October 6, 1949 in Chicago, Illinois) is an American author, educator, and worldwide authority on Focusing, the self-inquiry

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The Incredible Power of Focus. Gen 13:14 And after Lot was separated from him, Jehovah said to Abram, Lift up your eyes now and look from the place where you are

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Focusing - wikipedia, the free encyclopedia

Further reading . Cornell, Ann Weiser (1996). The power of focusing: a practical guide to emotional self-healing. Oakland, CA: New Harbinger Publications.

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The Power of FOCUS How Multitasking Actually Sabotages Your Productivity & Creativity. As a small business entrepreneur since age 21, a single dad of three young

Bibliography - inner life stream

Inner Life Stream. Home; A Practical Guide to Emotional Self-Healing by Ann Weiser Cornell, Living a Focusing Life by Ann Weiser Cornell,

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Power of focusing: a practical guide to emotional

Power of Focusing: A Practical Guide to Emotional Self-Healing 1st (first) Edition by Cornell, Ann Weiser published by New Harbinger Publications (1996): Ann Weiser

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Cornell, Ann Weiser; The Power of Focusing: A Practical Guide to Emotional Self-Healing; Oakland, CA; New Harbinger Pub.; 1996 Craig, James and Marguerite.Synergic

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Rambha (family servant) had given [Mohandas K.] Gandhi an enchanting image to describe the power of mantra. She compared the practice of mantra to the training of an

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Steve moscovitch therapy resources

Here are some resources that Steve recommends to Focusing Eugene Gendlin, PhD. The Power of Focusing: A Practical Guide To Emotional Self-Healing Ann Weiser
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9781572240445: the power of focusing: a practical

About the Author: Ann Weiser Cornell learned Focusing from Eugene Gendlin, who first discovered the technique.
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