



Come to Your Senses: Demystifying the Mind Body Connection

By Stanley Block, Carolyn Bryant Block, Joko Beck

Beyond Words Publishing. Paperback. Book Condition: new. BRAND NEW, Come to Your Senses: Demystifying the Mind Body Connection, Stanley Block, Carolyn Bryant Block, Joko Beck, Come To Your Senses is revelatory in its simplicity: though rare, there IS such a thing as a quick fix. This book offers readers an elegantly simple and powerful way of achieving a more joyful, natural existence. Instead of trying to discover the deep-seated rationale for our behaviour through undergoing years of psychoanalysis or counselling, Dr. Block, a former Beverly Hills psychoanalyst, has discovered and demystified the Identity System (I-System). He shows readers how easy it can be to free themselves from their own limitations and allow their natural self room to thrive, simply by "coming to our senses" (taste, smell, touch, sight, and sound) and recognising the self-defeating mental tug-of-war that exists in us all. Readers' lives can be transformed in a matter of hours.



READ ONLINE
[5.9 MB]

Reviews

This publication will not be easy to get going on reading but really exciting to read through. it was writtern really perfectly and beneficial. I found out this pdf from my i and dad suggested this publication to find out.

-- **Garrett Adams**

This created publication is wonderful. it absolutely was writtern extremely completely and beneficial. I discovered this publication from my dad and i encouraged this publication to discover.

-- **Kristina Kshlerin DDS**