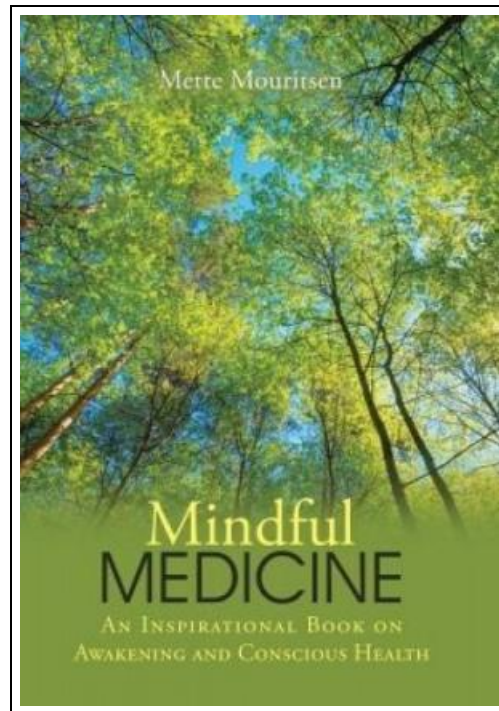


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Balboa Press, 2017. Hardback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. In Mindful Medicine, author, physician, and psychotherapist Mette Mouritsen shares her own story of spiritual awakening in order to provide a holistic understanding of the body together with a practical approach. It is primarily based on her own experiences and stories, and it represents a paradigm shift in thinking about the human as a coherent energetic body in a coherent energetic system; it shows instead how symptoms are messages to be understood and not necessarily enemies that must be removed, and it is Mouritsen s hope that we can transform difficult and common human emotions when we are sick into life-affirming messages that promote our health and well-being. Rather than looking at another person through a learned medical, psychological, and mostly fixed lens, she invites us to stand right at the edge--to explore the other person s psychological and physiological landscape as totally unknown ground, as deeply unique, in attempt to find meaning and to support what might be called for in the symptom of pain and suffering. Touching and being touched by many hearts, Mette guides us in consciousness. What a gift! --Ameyo Katharina Barfred-Dixon, Integrative Transpersonal Psychotherapist, Trainer and Supervisor in Denmark, Sweden, and England Raw honesty and empathy are consistently on display in the case stories . a very professionally presented, mindful approach to healing that will give guidance and hope to readers. --Helle Brisson, MA.



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