



## Body-centered Psychotherapy: The Hakomi Method (Paperback)

By Ron Kurtz

LifeRhythm, U.S., United States, 2015. Paperback. Condition: New. Revised ed.. Language: English . Brand New Book. A must-read for anyone interested in the body-centered movement in psychotherapy. The Hakomi Method integrates the use of mindfulness, nonviolence, meditation, and holism into a highly original amalgam of therapeutic techniques. Hakomi work incorporates the idea of respect for the wisdom of each individual as a living organic system, organizing matter and energy to maintain its goals and identity. It is written with clarity, humor, and simplicity. Sure to inspire and give insight to both therapists and laypersons.



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