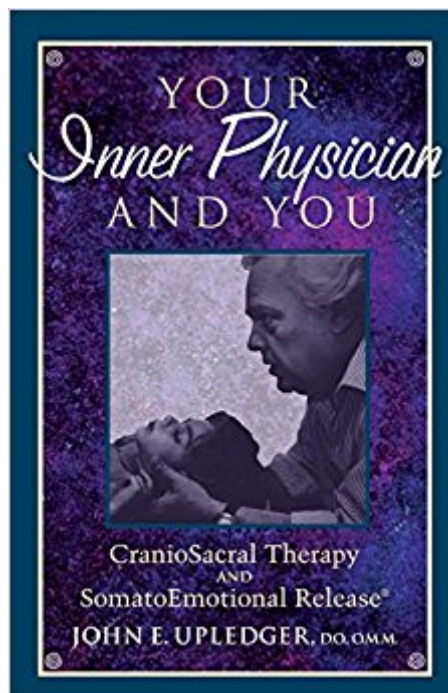




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Your Inner Physician And You: Craniosacral Therapy And Somatoemotional Release



Synopsis

This lively book describes the discovery and therapeutic value of the craniosacral system in easy, understandable terms healthcare professionals and laypeople alike can understand. Dr. Upledger's colorful case histories explain the path that led to his discovery of this exciting medical modality. The book contains a play-by-play account of the development of CranioSacral Therapy, SomatoEmotional Release, and other concepts and techniques. It's recommended reading for therapists, patients, caregivers, and anyone interested in understanding how therapy performed on the craniosacral system can improve the quality of life.

Book Information

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Customer Reviews

Using a light touch generally no greater than the weight of a nickel, practitioners today use CranioSacral Therapy to improve the functioning of the central nervous system, eliminate the negative effects of stress, strengthen resistance to disease, and enhance overall health. The results? You'll read about some of them here - from folks like a two-time Olympic bronze medalist whose vertigo threatened to cut short her platform-diving career, to a young boy who simply wanted to walk. You'll also explore an innovative therapy called Somato-Emotional Release. It helps rid the mind and body of the residual effects of trauma and negative emotional experiences.

Dr. John E. Upledger is President of The Upledger Institute, Inc. Dedicated to the natural

enhancement of health, the Institute is recognized worldwide for its groundbreaking continuing-education programs, clinical research and therapeutic services. He is the author of CranioSacral Therapy; CranioSacral Therapy II - Beyond The Dura; SomatoEmotional Release and Beyond; Your Inner Physician and You; A Brain is Born; and CranioSacral Therapy, Touchstone for Natural Healing.

I think this book is real interesting. I think Mr. Upledger, if he 'boasts', he has a right to! He's made so many accomplishments FOR other people. I don't always like to read these types of trials and their outcomes, but this is real interesting and he is also a good writer! Keeps me interested. I am a lay person, & there were only a few words that I had to look up that are pertaining to the skeleton. I know that I'll have to read it again to try and get everything to sink in because I'm like that. This is not a book that tells you the 'hows' to use the Craniosacral on yourself, but he gives you plenty of examples of what it is for. Good reading, thank you

This book describes Dr. Upledger's personal experiences as he learned about osteopathy and craniosacral therapy. It is clearly written and easy to read. The style is engaging. It is written for the average person who is interested in the healing arts. You do not need to be a medical professional to understand or employ the strategies described by Dr. Upledger. The book includes a bibliography of additional references as well as a list of resources that may be of interest to readers.

I was hoping to learn about Craniosacral Therapy. Instead, I got a bunch of stories and anecdotes. I hate these kinds of books. It reads like the guy's journal; or worse, fiction. Wanted a textbook.

Easy reading, lots of good, easy to understand information on a variety of CST topics. This is a great book for practitioners, and anyone else interested in learning more about this somewhat mysterious practice. Cranial sacral therapy works! I have had great results both giving and receiving this therapy. It worked better than deep tissue work on my ancient rotator cuff injury, and was certainly much more pleasant and relaxing than deep tissue work ever dreamed of being!

Enjoyed the book

I thought the book was an easy read and it allowed me to appreciate the power of the techniques utilized. It does not go into how you can evaluate and treat a person but it allows you to look at how

these techniques can change the lives of many different patient populations. I read this book since it is required before taking a cranial sacral 1 class but I think I will have a better appreciation of the bigger picture in regards to my learning and how much work I still need to put forth to get to the level of mastery of these techniques.

After such amazing results from personally receiving this therapy, I wanted to know more about the technique itself. This book is mostly stories of other people who benefited, more like a compendium of testimonials, and I didn't need to be sold on it. Still, it was interesting, amazing, etc. and I enjoyed reading it.

This is a very informative book. It's interesting to read about how each discovery pushed toward new ones. I'm interesting in taking classes, but the availability seems limited - that is my only disappointment.

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