



The 12 Stages of Healing

Nathaniel Altman Donald M. Epstein D.C

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The Twelve Stages of Healing offers us fascinating insights into the complex relationship between mind, emotions, and body, and shows us how we can use these insights to promote greater health in our bodies and harmony in our relationships. After observing thousands of people in both private practice and public seminars, Dr. Epstein discovered twelve basic rhythms, or stages of consciousness, shared by all humanity. Each stage of healing has a distinct "rite of passage" -- a chaotic experience or healing crisis-- that helps us to reunite with aspects of ourselves that are traumatized, alienated, forgotten, abused, shamed, or unforgiven. Each stage also has a characteristic pattern of breath, movement, and touch that can help us to reconnect with the natural, internal rhythms of our body and experience a greater sense of joy and well-being. The Twelve Stages of Healing takes us beyond traditional books on healing as it gently guides us through the lessons of each stage on a journey toward greater wholeness, spiritual awareness, and true healing in all areas of our life

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