Emotional Wellness Transforming Fear Anger And Jealousy Into Creative Energy

Presents a guide to the names and specialities of American and Canadian publishers, editors, and literary agents, including information on the acquisition process and on choosing literary agents.

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an inability to function harmoniously in everyday life. When things are a little off, we read a self-help book. When they're really bad, we bring in oncologists to address cancer, neurologists to repair the brain, psychologists to help us understand our family of origin.But this fragmented approach to health is merely a stopgap. To truly heal, we need to return to the original recipe for wellness discovered by shamans millennia ago: One Spirit Medicine. Through One Spirit Medicine, the shamans found that they could grow a new body that allowed them to live in extraordinary health. They learned how to switch off the "death clock" inside every cell, and turn on the "immortality" genes that reside in password-protected regions of our DNA. Cancer, dementia, and heart disease were rare. The shamans of old were truly masters of prevention. Drawing on more than 25 years of experience as a medical anthropologist--as well as his own journey back from the edge of death--acclaimed shamanic teacher Alberto Villoldo shows you how to detoxify the brain and gut with superfoods, use techniques for working with our luminous energy fields to heal your body, and follow the ancient path of the medicine wheel to shed disempowering stories from the past and pave the way for rebirth. Using the principles and practices in this book, you can feel better in a few days, begin to clear your mind and heal your brain in a week, and in six weeks be on your way to a new body--one that heals rapidly, retains its youthful vitality, and keeps you connected to Spirit, to the earth, and to a renewed sense of purpose in your life.

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heart rate, respiration, and adrenaline levels, stimulating physical healing and reinstating balance and well-being. A practical life-healing program, the first of its kind, The Love Response is the result of Dr. Selhub's years of research–and clinical practice–on how to reverse the destructive physical effects of fear and stress, and banish emotional wounds from the past. Through a simple-to-use plan of awareness, breathing, visualization, and verbal command exercises, The Love Response reprograms your brain and changes your biochemistry from negative to positive, putting you on a path to long-term wellness and happiness. The Love Response is structured around the three essential building blocks of mental health: • social love–connecting not only in your intimate relationships but with family, friends, and pets • self-love–learning to nurture yourself with care and tenderness (often the hardest step) • spiritual love–contributing in meaningful ways to the world beyond your personal needs The Love Response provides all the tools you need to transform anger into compassion, release your fears, overcome shame, embrace self-acceptance, connect through empathy, and, ultimately, strengthen your natural ability to heal.

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