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Outlining a new, optimistic way to understand autism, this concise and accessible book offers practical ideas to help children on the spectrum grow. The Polyvagal Theory suggests autism is a learnt response by the body - a result of the child being in a prolonged state of 'fight or flight' while their nervous system is still developing. This book explains the theory in simple terms and incorporates recent developments in brain plasticity research (the capacity of the brain to change throughout life) to give parents and professionals the tools to strengthen the child's brain-body connection and lessen the social and emotional impact of autism.
Key features of this book:

Comparisons about similarities as well as differences between the different methods. It also shows very clearly how the Feldenkrais Method can be applied in a variety of specific settings.
By using sound research as the foundation of this book, it will be applicable not only to somatic practitioners but also to health care workers who are looking for more evidence-informed practices for their patients.
In the experiential parts MP3 files of the lessons are included.

Edited and written by 24 leaders in the field.
Phyllis
Louise L. Hay
Hay House
A-Z
Humanism
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