

### Libro Completo De Terapia Craneosacral Cuerpo Mente Body Mind Spanish Edition

For decades, best-selling author Louise Hay has transformed people’ s lives by teaching them to let go of limiting beliefs. Now in this tour de force, Louise teams up with her go-to natural health and nutrition experts, Ahlea Khadro and Heather Dane, to reveal the other side of her secret to health, happiness, and longevity: living a nutrient-rich life. Unlike any health book you ’ ve ever read, this work transcends fads, trends, and dogma to bring you a simple yet profound system to heal your body, mind, and spirit that is as gentle as changing the way you think. Louise, Ahlea, and Heather show you how to take your health, your moods, and your energy to the next level. In Loving Yourself to Great Health, you will:
• Tap into the secrets Louise has used for decades to supercharge the effectiveness of affirmations and bring your body back into alignment with the best
• Discover what nutrition really means and how to effect through the confusion about which diets really work
• Learn to hear the stories your body is eager to reveal; and
• Uncover techniques for longevity, vitality, good moods, deep intuition, and for meeting your body ’ s unique healing needs at all stages of life. At 88 years of age, Louise has much wisdom to share about what it takes to live a long, happy, healthy life. We invite you to join us on an amazing journey that will turn your life into your greatest love story.

En esta obra, John Chitty integra conceptos de la antigua sabiduría taoísta con nuevos descubrimientos de la neurociencia y técnicas terapéuticas de probada eficacia en un todo dinámico y cohesionado. Entre sus principales aportaciones está el mapa de la jerarquía relaciones o jerarquía de los campos de acción, que produce una honda resonancia porque refleja directamente nuestra experiencia interna, lo que nos mueve y cómo nos mueve. También incluye una explicación simple y coherente de la novedosa Teoría Polivagal de Stephen Porges, en la que se expone que el desarrollo de la vida social entre los primates superiores y los seres humanos tiene su reflejo en el desarrollo de un sistema nervioso social. Ante las situaciones estresantes, el sistema nervioso social nos capacita para superar la respuesta de lucha o huida, instintiva y estrictamente animal, recurriendo al vínculo con nuestros allegados. Todo un destello de esperanza para nuestra humanidad. Además, describe detenidamente el uso de la poderosa técnica terapéutica de la silla vacía que puso de moda Fritz Perls, el fundador de la Terapia Gestalt, de comprobada eficacia práctica para integrar distintas percepciones, puntos de vista, y fragmentos de nuestra psique. Por último, cabe añadir que estos conceptos del yin y el yang resultan familiares y cercanos; son intuitivos y fáciles de captar porque están pegados a nuestra experiencia de cada día y facilitan mucho la descripción de las energías y la comunicación terapeuta-cliente.

Interest in alternative medical therapies and complementary medicine has never been stronger than it is today, yet relatively few people are aware that the premises underlying Osteopathic medicine are emerging as the leading edge thinking in the American medical community. In this book from Dr. William Garner Sutherland, the man considered to be the foremost thinker, teacher, researcher, and practitioner in the field of Osteopathy, the serious lay reader will learn the concepts, theories, and practices that represent the foundation of this exciting complementary medical practice, a holistic philosophy that focuses on manipulation of the musculoskeletal system. This volume represents all the material Dr. Sutherland created regarding the science and practice of osteopathy.

Accumulations of life stresses—physical injuries, emotional and psychological stresses, birth traumas, and toxicity—can become imprinted in the tissues, acting like a videotape that is replayed whenever stimulated. Biodynamic craniosacral therapy aims to resolve the trapped forces that underlie and drive these trauma-based patterns of disease and suffering in body and mind. Wisdom in the Body teaches practitioners to develop the finely tuned skills of hands-on palpation and perception to sense the body ’ s subtle rhythms and patterns of inertia or congestion, with the goal of ending trauma and facilitating the expression of the breath of life. A comprehensive introduction to this practice, the book draws on the insights of pioneers like Drs. W. G. Sutherland and Franklyn Sills to explain the key principles about the body ’ s natural intention to heal and how this capability can be encouraged. A valuable resource for students, practitioners, and the lay reader, the book also includes a foreword by Dr. Franklyn Sills.

The Power of Color

Psicología de las percepciones interiores

Light Emerging

Terapia craneosacral

Muscle Pain: Understanding the Mechanisms

Acupuntura, fitoterapia, reiki, terapia floral, homeopatía... y otras terapias para mejorar la salud y el bienestar de tu animal de compañía

Gua Sha: A Complete Self-treatment Guide

First published in 1988, Routledge is an imprint of Taylor & Francis, an informa company.

*A guide to restoring men's sexual health and function to maintain a flourishing sex life well into old age • Includes fully illustrated instructions for exercises to clear energetic blockages of the male reproduction organs, restore function, reduce prostate enlargement, and prevent prostate gland cancer • Presents a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements • Explains how these techniques can forestall the need for surgery in early stages of prostate disease Age need not be a death sentence for men's sexual health and vitality. Taoist Master Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. With fully illustrated step-by-step instructions, the authors provide exercises and techniques to open the energetic pathways connected to the male reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain how to perform sexual energy and prostate gland massages and detail stretching exercises and the practice of chi weight lifting--attaching weights to the penis and scrotum to enhance sexual vigor. They explain that while these techniques are primarily preventive, they can also act to regenerate and restore function, forestalling the need for surgery in early stages of prostate disease. The authors present a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements.*

*back into alignment with the best • Discover what nutrition really means and how to effect through the confusion about which diets really work • Learn to hear the stories your body is eager to reveal; and • Uncover techniques for longevity, vitality, good moods, deep intuition, and for meeting your body ’ s unique healing needs at all stages of life. At 88 years of age, Louise has much wisdom to share about what it takes to live a long, happy, healthy life. We invite you to join us on an amazing journey that will turn your life into your greatest love story.*

*Designed to release pain and trauma as well as support the body's healing through a gentle, hands-on approach, Craniosacral Therapy (CST) has become an increasingly popular modality. In Cranio-Sacral-SELF-Waves, CST expert Olaf Korpjün expands on William Sutherland's famous theory of the "breath of life," an unexplained power that generates corrections from within our bodies without the influence of external forces applied by the therapist. This new theory, drawing also on physics, anatomy, physiology, embryology, and osteopathy, finds scientific evidence that the original source of craniosacral movement is a resonant movement from an energy field in the universe: it is the oscillating waves of rhythm in the universe, he argues, that control all biological rhythms within all living beings. Dr. Korpjün presents his method of working with patterns of motion in the body, including extremely slow frequencies of movement which he calls "Cranio-Sacral-SELF-Waves" ("SELF" standing for "Super-Extreme-Low-Frequency"). By following his approach, says the author, bodyworkers and other health practitioners can work in a more focused and productive way, utilizing practical techniques for treating the widespread rhythmic imbalances that lead to physical and psychological problems.*

*Better, Deeper And More Enduring Brief Therapy*

*Ayurvedic Principles for Daily Life*

*Osteopathy in the Cranial Field*

*Teachings in the Science of Osteopathy*

*Why You Feel the Way You Feel*

*Physical Management in Neurological Rehabilitation*

*Clinical Insights from the Polyvagal Theory: The Transformative Power of Feeling Safe (Norton Series on Interpersonal Neurobiology)*

*My 50th anniversary edition of Frank H. Netter, MD's Atlas of Human Anatomy celebrates his unsurpassed depiction of the human body in clear, brilliant detail -- all from a clinician's perspective. With its emphasis on anatomic relationships and clinically relevant views, this user-friendly resource quickly became the #1 bestselling human anatomy atlas worldwide, and it continues to provide a coherent, lasting visual vocabulary for understanding anatomy and how it applies to medicine today. Dr. Netter brought the hand of a master medical illustrator, the brain of a physician and the soul of an artist to his illustrations of the human body, and his work continues to teach and inspire. "One of the leading human anatomy textbooks has just turned 25 and it's better than ever." Reviewed by Physiopedia, Apr 2015 View anatomy from a clinical perspective with hundreds of exquisite, hand-painted illustrations created by pre-eminent medical illustrator Frank H. Netter, MD. Join the global community of healthcare professionals who rely on Netter to optimize learning and clarify even the most difficult aspects of human anatomy. Comprehensive labeling uses the international anatomic standard terminology, Terminologia Anatomica, and every aspect of the Atlas is reviewed and overseen by clinical anatomy and anatomy education experts. Consulting Editors include: John T. Hansen, PhD; Brion Benninger, MD, MS; Jennifer Brueckner-Collins, PhD, Todd M. Hoagland, PhD, and R. Shane Tubbs, MS, PA-C, PhD. Leverage the Netter "visual vocabulary" you learned in school to grasp complex clinical concepts at a glance. Explore additional unique perspectives of difficult-to-visualize anatomy through all-new paintings by Dr. Carlos Machado, including breast lymph drainage; the pterygopalatine fossa; the middle ear; the path of the internal carotid artery; and the posterior knee, plus additional new plates on arteries of the limbs and new radiologic images. Master challenging structures with visual region-by-region coverage -- including Muscle Table appendices at the end of each Section. Access the full downloadable image bank of the current Atlas as well as additional Plates from previous editions and other bonus content at NetterReference.com. [\*Your Registered User License allows for the creation of presentations for your individual, personal use which you can present in small group settings of 10 or fewer people. It also permits registered student users to include images in posters at scientific conferences as long as proper citation is included. Complete Registered User License as well as contact information for institutional sales can be found at www.NetterReference.com.]*

*Widely recognized as an effective means of stress management and healing, chi kung is also an extraordinary technique for developing a general fitness of the mind and body. In The Art of Chi Kung, fourth generation Grandmaster Wong Kiew Kit explores the principles and philosophy of chi kung, explaining its beneficial effects, and then guides you through a series of chi kung exercises which you can learn from and practice at home. It includes:
• Chi Kung for health and longevity.
• Stress management.
• Training of the mind for focus and creativity. This is the most comprehensive study of chi kung available, and will prove invaluable whether you are a beginner or already have some understanding of this ancient art.*

*My Body, My Earth provides the tools to explore your somatic warehouse of generational memory in order to decipher the cause and effect of your experiences and life patterns. When your personal stories go unremembered they become dormant, and typically translate into a symptom-which is your body talking to you, saying, "Wake up, pay attention, don't forget about this."*

*Historical amnesia locks these stories in the body, manifesting as pain, disease, addictions, emotional patterns, and repetitive circumstances. Somatically excavating your personal legend unearths memories of the past that can be reconciled and healed in order to create a new myth-for your body and for your Earth. When we experience a symptom as painful, we are taught to suppress or ignore it. Doing this for long periods of time aggravates the symptom, establishing chronic, generational physical or emotional conditions. Expressing or tending to symptom through the process of somatic remembering, helps to relieve pain and creates spiritual well-being, emotional optimism, and physical freedom. This guidebook for personal transformation reveals the Five Steps of Somatic Archaeology so that you, too, can heal your past and recover your joy. Somatic Archaeology(TM) bridges the ancient Medicine Wheel, human behavior, spirituality, and bodywork into a revolutionary pathway that provides tools for body evolution- a natural and gradual progression of recreating ourselves and our world while in this physical form. I invite you to remember.*

*While its techniques have been used in the Far East for some time, Gua sha is still very much a mystery for most people in the West. It consists of simple, non-invasive techniques, effective not only in maintaining your health but in preventing and helping to combat common ailments and illnesses. In this book, with the help of numerous colour illustrations, clear explanations are set out showing you how to use Gua sha within a holistic system of health and well-being, including key points and channels in Oriental medicine, and also ways to treat yourself for a range of familiar health complaints and ultimately to optimize your health and inner balance.*

*Massage Therapy Research*

*Chi Kung for Prostate Health and Sexual Vigor*

*Loving Yourself to Great Health*

Autoaplicación

Molecules of Emotion

The Practice of Somatic Archaeology

An Introduction to Craniosacral Biodynamics

*Enraizada en la tradición de la medicina osteopática, la terapia craneosacral es una terapia manual que, mediante la palpación y delicados movimientos manuales, alienta y estimula al cuerpo a reequilibrarse y curarse por sí mismo. "Existen procesos curativos sutiles en el cuerpo que la medicina convencional olvidó hace mucho tiempo y necesita desesperadamente recuperar. El Libro completo de terapia craneosacral abarca muchos de ellos, enfocándose en la terapia craneosacral. Este libro es un canto al método holístico de curación en el que honramos todo lo que nos hace humanos: cuerpo, mente, espíritu. La erudición de Michael Kern es admirable". Larry Dossey, médico, autor de Espacio, tiempo y medicina. "Michael despierta el concepto craneosacral de modo muy claro, desde su extensa comprensión y práctica clínica. Este libro constituye una importante contribución a este campo y espero que tenga una gran divulgación". Franklyn Sills, fundador del Instituto Karuna, Devon (Inglaterra), y autor de El proceso de divulgación y Craniosacral Biodynamics. "El libro de Michael Kern es al mismo tiempo maravillosamente elocuente e inspirador, escrito tanto para el profano como para el terapeuta especializado". Avadhram Larson, instructor certificado de terapia craneosacral por el Instituto Upledger. "Si en estos días de apresurados intercambios de información quieres una exposición cuidadosa de todos los aspectos del fenómeno craneosacral, este es el libro para ti. Experimentarlo mientras vives y respiras". Doctor Joseph Goodman, presidente de la Asociación Craneal Internacional, presidente del British Acupuncture Council y antiguo decano de la Facultad de Osteopatía de Londres. Cada célula de nuestro cuerpo expresa ritmos sutiles. Estos movimientos son de vital importancia para la salud, y producen energía, los golpes físicos y las tensiones emocionales pueden alterar los ritmos naturales del cuerpo y producir problemas de salud. La terapia craneosacral es un sistema de curación en el que se apoyan las manos en el cuerpo del paciente y a través de los dedos se escuchan estos ritmos sutiles. Este libro te enseña cómo están desequilibrados. El tratamiento craneosacral es muy delicado y no invasivo, y favorece las propias capacidades autocurativas y autorreguladoras del cuerpo. Es eficaz para un amplio abanico de enfermedades, y puede ser aplicado tanto a los adultos como a niños y bebés. –Una visión práctica, completa y bien escrita de la terapia craneosacral, una de las métodos de sanación más seguros y más eficaces. Ojalá hubiera más terapeutas como Michael Kern- Andrew Weil, autor de Salud total en 8 semanas y La curación espontánea MICHAEL KERN Es terapeuta craneosacral, osteópata y naturópata diplomado. Es cofundador del Craniosacral Therapy Educational Trust de Inglaterra, tutor del Colegio Universitario de Osteópatas, de la Asociación Craneal Internacional y de la Universidad de Westminster. Tiene una consulta en Londres, e impartió cursos de terapia craneosacral en Estados Unidos, España, Inglaterra y Suiza, entre otros países.*

*A guide to the treatment of pain from common sports injuries and other physical activities • Contains at-home techniques to promote healing and self-awareness of the body's musculature • Explains how to relieve pain using manual massage in conjunction with small physio balls • Includes an illustrated treatment reference section organized by region of the body The vast majority of physical injuries incurred by active people begin with muscular injuries that are not addressed by the conventional medical approach to orthopedic care. Injuries of this type are generally too minor to warrant splinting, casting, or medication and often do not prevent participation in physical activities. They do, however, produce noticeable discomfort and, over time, frequently lead to more severe injuries. In Trigger Point Self-Care Manual Donna Finaudo presents methods for the healing and prevention of musculature injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques, including precise self-massage, stretching, and the use of wet heat and/or ice. In the fully illustrated reference section, organized by body part, she identifies the pain associated with trigger points in each muscle of the body and provides instructions for palpating, treating, and stretching the muscle in order to release it.*

*Si quieres dar los primeros pasos en el uso de las terapias naturales para mejorar la vida de tu perro y estás buscando una guía que te oriente, este es tu libro. Las autoras exponen sus conocimientos y las experiencias adquiridas durante más de veinte años atendiendo a los animales del refugio Canópolis, perteneciente a la Fundación Trófilum. Desde un enfoque integrativo, se habla tanto de alimentación natural como de uso de plantas medicinales; de pasajes florales y de acupuntura; de homeopatía, reiki, terapia craneosacral... Toda la información novedosa que necesitas para influir de forma positiva en el bienestar de tu perro, desde un enfoque preventivo que sugiere un cambio de hábitos. ¡Ponte al día!*

*Examines the history and scientific evidence concerning the role that color plays in our lives, discussing the powers of colors and how we can use them to get ahead in health, business and love*

*Un nuevo campo de conocimiento surgido de la Medicina Tradicional China*

*Terapias naturales para perros*

*Deep Tissue Massage, Revised Edition*

*The Breath of Life and Fundamental Skills*

*Una introducción a la Biodinámica Craneosacral*

*The Rational Emotive Behavior Therapy Approach*

*Trigger Point Self-Care Manual*

Barbara Ann Brennan continues her ground-breaking exploration of the human energy field, or aura—the source of our experience of health or illness. Drawing on many new developments in her teaching and practice, she shows how we can be empowered as both patients and healers to understand and work with our most fundamental healing power: the light that emerges from the very center of our humanity. In a unique approach that encourages a cooperative effort among healer, patient, and other health-care providers, Light Emerging explains what the healer perceives visually, audibly, and kinesthetically and how each of us can participate in every stage of the healing process. Presenting a fascinating range of research, from a paradigm of healing based on the science of holography to insights into the “hara leve” and the “core star,” Light Emerging is at the leading edge of healing practice in our time.

El sistema craneosacral constituye el núcleo de nuestro cuerpo. Tan importante es moverse y alimentarse de forma consciente para mantener una buena salud como armonizar el núcleo del cuerpo de acuerdo con nuestras necesidades. Con este libro aprenderá a reducir los efectos negativos y perjudiciales causados por el estrés aumentando, así, su energía y fortalecerá e ndose ante posibles dolencias y enfermedades. Esta obra, ampliamente ilustrada, le ofrece una visión general y completa sobre el fascinante mundo de la terapia craneosacral. Se presentan numerosos ejercicios que estimulan de forma suave las fuerzas de autocuración y le ayudan a superar molestias físicas y psíquicas, tales como problemas de espalda, migrañas o trastornos del sueño. El lector encontrará un completo programa de ejercicios de autoaplicación.

Featuring more than 250 photographs and 50 anatomical drawings, this revised edition of Deep Tissue Massage is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. “Fundamentals” covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. “Strategies” offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. “Caveats” details areas in which the practitioner needs to exercise caution. Deep Tissue Massage presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries.

Explains the science behind the brain's opiate receptors and other evidence of the intimate connections between mind and body, and their meaning for the future of Western medicine

Contributions of Thought

The Art of Chi Kung: Making the Most of Your Vital Energy

My Body, My Earth

Monografía

The Journey of Personal Healing

Foundations in Craniosacral Biodynamics, Volume One

Core Workouts to Increase Mobility, Reduce Injuries and End Back Pain

Bridging the gap between research, science, and the therapy room. The polyvagal theory explains the biological origins of a variety of social behaviors and emotional disorders. This book distills that theory into practical clinical tips, explaining its relevance to the social engagement system and offering clinical examples, including cases of trauma and autism.

A COMPLETE GUIDE TO PREVENTING BACK AND HIP INJURIES BY STRENGTHENING THE MUSCLE GROUP CONNECTING YOUR UPPER AND LOWER BODY Connecting the lower spine to the hips and legs, a strong and flexible psoas muscle is vital for everyday movements like walking, bending and reaching, as well as athletic endeavors like jumping for a ball, holding a yoga pose and swinging a golf club. With targeted information and exercises, this book ’ s step-by-step program guarantees you ’ ll transform this vulnerable muscle, including: Develop a powerful core End back pain Increase range of motion Improve posture Prevent strains and injuries Packed with 100s of step-by-step photos and clear, concise instructions, Psoas Strength and Flexibility features workouts for toning the muscle as well as rehabbing from injury. And each program is based on simple matwork exercises that require minimal or no equipment.

Life loves you and you have the power within you to create a life you love. Life loves you is one of Louise Hay ’ s best-loved affirmations. It is the heart thought that represents her life and her work. Together, Louise and Robert Holden look at what life loves you really means – that life doesn ’ t just happen to you; it happens for you. In a series of intimate and candid conversations, they dig deep into the power of love, the benevolent nature of reality, the friendly universe, and the heart of who we really are. Life Loves You is filled with inspiring stories and helpful meditations, prayers, and herbs. Louise and Robert present a practical philosophy based on seven spiritual practices. Key themes cover:
• The Mirror Principle – practicing the how of self-love
• Affirming your Life – dialing the ego ’ s basic fear
• Following Your Joy – trusting your inner guidance
• Forgiving the Past – reclaiming your original innocence
• Be Grateful Now – cultivating basic trust
• Learn to Receive – being undefended and open
• Healing the Future – choosing love over fear

"A thorough description of the evolution of cranial osteopathic medicine into a new form available to many health care providers, this book presents a technique of touch therapy that is extremely gentle and subtle and gives practical exercises to be proficient in healing physical, spiritual, and emotional conditions"-

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Cranio-Sacral-SELF-Waves

Osteopathy, Research and Practice

The Collected Writings of William Garner Sutherland

7 Spiritual Practices to Heal Your Life

Atlas of Human Anatomy, Professional Edition E-Book

A Handbook of Simple Exercises and Techniques

Biodynamic Craniosacral Therapy (BCST) is commonly seen as the spiritual approach to craniosacral therapy (CST); in fact, BCST as taught by Franklyn Sills, the pioneer in the field, is quite different from conventional CST. Biodynamic work is based on the development of perceptual skills where the practitioner learns to become sensitive to subtle respiratory motions called primary respiratory centers that help the practitioner become more attuned to her own body so that she can create an effective relational field with her client. An essential guide for new practitioners, students, and clients—as well as a valuable reference for experienced practitioners—this book illuminates the path toward the intelligent formative forces of the biodynamic presence called “the breath of life” and its transformative power for health and wholeness.

Este libro acerca de la hipertensión arterial fue escrito para los colegas cuya vocación los inclina hacia el ejercicio de una actividad médica, independientemente de que su formación provenga de una escuela de medicina o de psicología. Pero también para las personas que, sin ninguna formación en esas disciplinas, sienten la curiosidad y el deseo de comprender cuáles son los avatares de la vida que conducen a la enfermedad. La consiguiente obligación de escribir de un modo que sea claro condujo a la necesidad de exponer y fundamentar conceptos generales que trascienden el caso particular de la hipertensión arterial y pueden aplicarse a la comprensión de otras enfermedades. No fue escrito con el propósito ingenuo de que constituya una ayuda suficiente para “superar” la hipertensión. Se propone, en cambio, contribuir a que pueda ser contemplada en el mundo más amplio que ofrece posibilidades distintas. Decimos de algunos pacientes que “son” diabéticos, y de otros que “están” con una insuficiencia cardíaca, afirmando de este modo la diferencia entre un estado que se considera permanente y otro transitorio. La pregunta “¿soy o estoy hipertenso?”, que constituye el subtítulo de este libro, sugiere examinar la vida de que el diagnóstico de hipertensión descubre, en todos los casos, un modo de “ser” que durará toda la vida.

Written by the Director of the world-renowned Touch Research Institutes, this book examines the practical applications of important massage therapy research findings. Each chapter of this comprehensive resource provides a clear and authoritative review of what is reliably known about the effects of touch for a variety of clinical conditions such as depression, pain management, movement problems, and functioning of the immune system. Coverage also includes the benefits of massage to specific populations such as pregnant women, neonates, infants, and adolescents. This book is suitable for massage therapists (including Shiatsu practitioners), aromatherapists, chiropractors, osteopaths, physical therapists, and nurses. Provides a thorough yet concise review of recent research related to the importance of touch. Offers practical guidance to healthcare professionals whose work involves physical contact with patients.

"Never trust sharks." Hal and Roger Hunt dive into danger when they join the Oceanographic institute as part of an underwater operation in the South Seas. And it's sink or swim for the intrepid brothers when their aquatic adventures bring them face to face with a foe even more deadly than the sea creatures of the deep...

Psoas Strength and Flexibility

LIBRO COMPLETO DE TERAPIA CRANEOSACRAL

Wisdom in the Body

Biodinámica Craneosacral

The Theory and Practice of Taiji Qigong

A Visual Guide to Techniques

A Scientific Approach to Craniosacral Therapy

A unique approach to Biodynamic Craniosacral Therapy, a whole-body healing therapy focused on working with the forces underlying health and healing Cherionna Menzam-Sills draws on her extensive background in pre- and perinatal psychology, embryology, bodywork, Continuum Movement, and other somatic therapies—as well as years of working with her husband, Biodynamics pioneer Franklyn Sills—to present this accessible introduction to the meditative healing practice of Biodynamic Craniosacral Therapy (BCST). This book offers a personal journey of embodied inquiry into each element of biodynamic session work, using meditative explorations, personal descriptions, and illustrations to convey the essence of Biodynamics. It emphasizes breathing and body awareness exercises that help the practitioner become more attuned to her own body so that she can create an effective relational field with her client. An essential guide for new practitioners, students, and clients—as well as a valuable reference for experienced practitioners—this book illuminates the path toward the intelligent formative forces of the biodynamic presence called “the breath of life” and its transformative power for health and wholeness.

Practiced regularly, Taiji Qigong has been show to increase energy, improve health, and help prevent illness through simple movements and focused breathing. This in depth instruction manual brings the practice to the average reader. Written for every level of skill and interest and constructed for easy customizing for particular goals, the book is broken into three parts that cover the theory and practice of Qi and Qigong; the general principles of Qigong practice; and the 18 movements of Taiji Qigong in detail.

La Psicología de las Percepciones Interiores es una nueva rama de la Psicología y tiene sus raíces en la cultura china, especialmente en la Medicina Tradicional China. Con este libro, los autores nos acercan, en un lenguaje actual, las raíces históricas y las técnicas específicas para la percepción interior. Un modo de percepción en que se basa esta nueva psicología: conocer el mundo a través de la mente que, en lugar de orientarse hacia afuera, se dirige hacia adentro. Esta manera de explorar los principios de la vida se ha aplicado desde la antigüedad con el propósito de mantener una buena salud y lograr una vida longeva. Sin embargo, en el siglo pasado, se ha tendido a un conocimiento abstracto y meramente filosófico de la esencia de la percepción interior. Muchos conceptos como "la unidad del hombre y el cielo", por ejemplo, acabaron siendo símbolos culturales de filosofías antiguas. El hecho de que este concepto se refiera a un estado perceptible en el que el ser humano está conectado al cielo por medio del qi, apenas se conoce hoy día. Considerar la vida desde una perspectiva holística y más abarcadora puede ser hoy parte de una moda, pero son pocos quienes experimentan el sentido real de estar conectados interna y externamente con el cielo y la tierra. Diferente, entonces, de la metodología de la investigación moderna, en la que la mente se orienta hacia lo exterior y es fundamentalmente objetiva (no-subjetiva) a percepción interior implica dirigir la mente hacia nuestro interior para nutrirla y reforzar su poder.

El Aliento de Vida habla del descenso de la Vida a la forma y al cuerpo, de cómo la vida omnipresente nos conforma y nos sostiene, y de cómo esa misma Vida puede sanar las huellas e improntas que las experiencias van dejando en nuestro cuerpo. Habla de cómo la Vida nos envuelve y nos respira, de cómo nos mece en sus campos. Cherionna Menzam-Sills describe esta gran "Inteligencia" que genera y organiza nuestra salud, el Aliento de Vida que pulsa en nuestros tejidos y fluidos corporales, uniéndonos a la totalidad de la existencia. Con esta obra, la autora nos da la bienvenida a este dinámico e interesantísimo campo que ahonda en nuestro ser más esencial. Este libro es una importante contribución al campo de la Biodinámica Craneosacral en la que se articulan con gran belleza los principios clave de la disciplina desde una perspectiva femenina. La autora nos lleva al corazón del trabajo con un planteamiento personal y sentido que profundiza y complementa su clara exposición de las bases teóricas. Nos ofrece sus comprensiones extraídas de numerosos años de experiencia clínica y los entretije con ejercicios prácticos para proporcionar al lector una gran vida directa de este trabajo.

For Pain-Free Movement

¿Soy, o estoy, hipertenso?

Bibliografía española

Danzar con el yin y el yang

Biodynamic Craniosacral Therapy

Life Loves You

Sabiduría antigua, psicoterapia moderna y la terapia de la polaridad de Randolph Stone

*La Biodinámica craneosacral se aproxima de una manera única al trabajo dentro del campo somático. Muchos cursos básicos y libros abordan un ritmo particular llamado ritmo craneal, o impulso rítmico craneal. Este libro se enfoca más en localizar los ritmos de marea más lentos y profundos generados por la acción del Aliento de Vida dentro del sistema humano. Se considera que el Aliento de Vida es la fuerza organizadora fundamental dentro del mundo natural. Biodinámica Craneosacral sigue la dirección de los últimos trabajos del doctor William Gardner Sutherland y del doctor Rollin Becker, en los que se percibe a la Fuerza de Vida como principio organizador del trabajo. El Volumen I cubre tanto la historia como las ideas conceptuales fundamentales de la Biodinámica Craneosacral, así como las relaciones más complejas de las estructuras y tejidos.*

*Effective trigger point therapy This unique guide takes an in-depth look at trigger point therapy. Split into two sections, it combines detailed theory with practical techniques. You will find comprehensive information on a broad spectrum of topics such as myofascial chains, the craniosacral model, and the classification, diagnosis, and therapy of trigger points. Highlights: Different models of muscle chains Detailed explanations of trigger points and their treatment Over 260 instructive illustrations and high-quality photographs Featuring input from various different specialties, this outstanding book is an essential tool for osteopaths, physiotherapists, chiropractors using trigger point therapy, and all others working in pain therapy. A clear layout and detailed anatomical drawings allow you to quickly improve your therapeutic skills. The result: accurate and effective pain therapy!*

*This edition of the companion volumes Muscle Pain: Understanding the Mech- isms and Muscle Pain: Diagnosis and Treatment is essential reading for those interested in clinical approaches to acute and chronic pain conditions involving muscle tissues and in the mechanisms underlying these conditions. The volumes cover a very important topic in pain medicine, since muscle pain is very common and can often be difficult to diagnose and treat effectively. Furthermore, chronic pain involving muscle and other components of the musculoskeletal system increases with age, such that it is a common complaint of those of us who are middle-aged or older. Indeed, as changing population demographics in "west- nized" countries result in higher proportions of the population living longer and being middle-aged and elderly, chronic muscle pain will likely become even more of a health problem. In the case of acute muscle pain, this can often be very intense, and in the short term can limit or modify the use of components of the musculoskeletal system associated with the sensitive muscle. Chronic muscle pain can also be intense, as well as unpleasant and disabling, and it is in many cases the over-riding symptom of most musculoskeletal disorders that are associated with long-term deleterious changes in musculoskeletal function.*

*LA SABIDURÍA DEL CUERPO Y LA SALUD ESENCIAL, EN TEORÍA Y PRÁCTICA*

*The Breath of Life*

*Hipertensión*

*Trigger Points and Muscle Chains in Osteopathy*

*El aliento de vida*

*(Revised Edition)*

*Underwater Adventure*