

## The Body Is The Hero

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in this comprehensive and insightful work dr sharon k farber provides an invaluable resource for the mental health professional who is struggling to understand self harm and its origins using attachment theory to explain how addictive connections to pain and suffering develop she discusses various kinds and functions of self harm behavior from eating disorders to body modifications such as tattooing dr farber explores the language of self harm and the translation of that language and its psychic functions in the therapeutic setting she tells us when the body weeps tears of blood we need to wonder what terrible sorrows cannot be spoken brilliantly illustrated with rich clinical material this book offers a practical approach to the diagnosis assessment and treatment of the increasing number of patients whose emotions are expressed through bodily harm the challenges of working with patients who tend to view the world of relationships in terms of predator and prey are clearly explicated and the stormy countertransference responses that threaten to destroy the treatment are given a full hearing finally she shows how the attachment relationship formed in treatment can repair the traumatic attachment in mind body psyche and soul and can serve as the cornerstone of therapeutic change a jason aronson book

too many of us are living disconnected from our bodies chasing a constantly moving target of ideal and accepting the societal narrative about which bodies are deserving of safety and protection in an effort to keep ourselves safe we shame push aside and assimilate parts of ourselves that don't align with the cultural norm in turn we are disconnected from our bodies and therefore from our humanity losing sight of the true nature of who we are and who we were born to be your body is a revolution is an invitation to reclaim what has been stolen from us to embrace the wisdom our bodies long to share and to fully inhabit our lives perhaps for the first time embodiment coach tara teng helps us untangle ourselves from centuries of body based oppression built into our societal systems or masquerading as religion and teaches us to slow down and listen to the wisdom that comes through somatic practices when we embrace right relationship with our bodies we also come into right relationship with all things ourselves each other the earth and our spirituality book your ticket home home to your body take back what society says is too much too loud too feminine too masculine too gay too worldly too unique to fit into the restrictive mold built by patriarchy colonization and white supremacy come back home to the place you were always searching for here your whole self is welcome

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