

Mind Body Wisdom for Bodyworkers: A Guide to Holistic Healing



Deep Feeling, Deep Healing: Mind/Body Wisdom for Bodyworkers by Andy Roman

★★★★★ 5 out of 5

Language : English
File size : 1170 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 113 pages
Lending : Enabled



In her book *Mind Body Wisdom for Bodyworkers*, author and bodyworker Judith Aston shares her insights into the mind-body connection and its implications for bodyworkers. Aston argues that the mind and body are not separate entities, but rather two sides of the same coin. When one is out of balance, the other is affected. This is why it is so important for bodyworkers to have a holistic approach to healing that takes into account the whole person, not just the physical body.

Aston's book is divided into three parts. The first part provides an overview of the mind-body connection. Aston discusses the latest research in mind-body medicine, and she explains how the mind can affect the body's physical health. She also explores the role of emotions in pain and illness.

The second part of the book focuses on practical techniques that bodyworkers can use to help their clients achieve optimal health and well-being. Aston provides detailed instructions for a variety of mind-body techniques, including massage therapy, yoga, meditation, and mindfulness. She also discusses how to create a safe and supportive environment for clients.

The third part of the book is a case study section. Aston presents several case studies of clients who have benefited from mind-body therapies. These case studies illustrate the power of mind-body healing, and they provide valuable insights for bodyworkers who are working with clients who have chronic pain, stress, or other health conditions.

Mind Body Wisdom for Bodyworkers is a comprehensive and well-written guide to holistic healing. Aston's insights into the mind-body connection are invaluable, and her practical techniques are easy to follow. This book is a must-read for any bodyworker who wants to help their clients achieve optimal health and well-being.

Key Features of Mind Body Wisdom for Bodyworkers

- Provides a comprehensive overview of the mind-body connection
- Explores the latest research in mind-body medicine
- Provides practical techniques for bodyworkers to use with clients
- Includes a case study section with examples of clients who have benefited from mind-body therapies
- Written by Judith Aston, a leading expert in mind-body healing

Benefits of Reading Mind Body Wisdom for Bodyworkers

- Gain a deeper understanding of the mind-body connection
- Learn practical techniques to use with clients
- Improve your ability to help clients achieve optimal health and well-being
- Become a more effective bodyworker

Who Should Read Mind Body Wisdom for Bodyworkers?

- Bodyworkers of all levels of experience
- Massage therapists
- Yoga teachers
- Meditation teachers
- Chiropractors
- Acupuncturists
- Nurses
- Doctors
- Anyone interested in mind-body healing

About the Author

Judith Aston is a leading expert in mind-body healing. She is the founder of the Aston Paradigm, a system of bodywork that integrates mind-body principles. Aston has taught her work to thousands of bodyworkers around the world. She is the author of several books, including Mind Body Wisdom for Bodyworkers and The Aston Paradigm.

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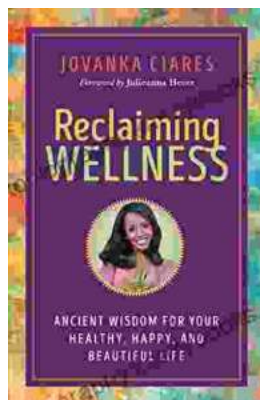
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