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Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy

Francine Shapiro

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A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide.

Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. *Getting Past Your Past* offers practical procedures that demystify the human condition and empower readers looking to achieve real change.

Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers.

An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

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Rebecca Bailey:

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Bruce Parisien:

The reason why? Because this Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy is an unordinary book that the inside of the publication waiting for you to snap it but latter it will zap you with the secret that inside. Reading this book close to it was fantastic author who write the book in such incredible way makes the content inside of easier to understand, entertaining means but still convey the meaning totally. So , it is good for you because of not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of advantages than the other book have got such as help improving your skill and your critical thinking technique. So , still want to hesitate having that book? If I ended up you I will go to the e-book store hurriedly.

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Is it an individual who having spare time after that spend it whole day by simply watching television programs or just laying on the bed? Do you need something new? This Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy can be the answer, oh how comes? A book you know. You are consequently out of date, spending your time by reading in this brand-new era is common not a nerd activity. So what these guides have than the others?

Jennifer Trojanowski:

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