



治愈的本能

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心理治疗与转化性经验 · AEDP系列

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用AEDP唤醒转化力

【加拿大】詹姆斯·范·普朗克（James F. Van Praag）著

陈国栋、李 静 译



The Instinct to Heal

Practice Awakening the Power of Transference



AEDP创始人范安娜·范普朗克第一代嫡传弟子 倾心之作

AEDP的核心是通过转化性经验，让我们不再感到孤独、恐惧、愤怒、无意义，从而唤醒转化力为生命的潜能无限

AEDP创始人

范安娜·范普朗克（James F. Van Praag）

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中国政法大学出版社

The Instinct To Heal The Instinct To Heal

Bessel A. Van der Kolk



The Instinct To Heal The Instinct To Heal:

The Instinct to Heal David Servan-Schreiber, 2004 Draws on recent brain studies to offer advice on how to heal oneself naturally from stress and depression covering such topics as eye movement desensitization resetting a biological clock and applying biochemical knowledge to heal emotional wounds 50 000 first printing **The Depression Cure** Stephen S. Ilardi, 2010-07 In the past decade depression rates have skyrocketed and one in four Americans will suffer from major depression at some point in their lives Where have we gone wrong Dr Stephen Ilardi sheds light on our current predicament and reminds us that our bodies were never designed for the sleep deprived poorly nourished frenzied pace of twenty first century life Inspired by the extraordinary resilience of aboriginal groups like the Kaluli of Papua New Guinea Dr Ilardi prescribes an easy to follow clinically proven program that harks back to what our bodies were originally made for and what they continue to need The Depression Cure program has already delivered dramatic results helping even those who have failed to respond to traditional medications Dr. Judith Orloff's Guide to Intuitive Healing Judith Orloff, 2012-05-09 Through 5 practical steps Dr Judith Orloff's guide will show you how to recapture nurture and affirm your intuitive ability so that you can utilize it to help heal yourself In her groundbreaking book Dr Orloff leads readers to the heart of a radical revolution in health care the union of medicine and intuition of body mind and soul Intuition plays an indispensable role in self diagnosis pain control immune response and recovery from acute and chronic illness it can lead you to breakthroughs in anxiety panic depression and other emotional blockages even when traditional psychotherapy has failed Intuition also offers insights into the use of medications and the selection of the right healer for your needs Further it is integral for sexual healing since sexuality is a potent connector and energy source for clarifying spirituality and improving vitality With Dr Orloff's five practical steps you'll learn to clarify your beliefs listen to your body's messages access inner guidance sense subtle energy and interpret your dreams Practicing the steps you'll recognize early warning signals and act on them to help prevent illness You'll have skills to uncover important information from meditation and remote viewing a way of intuitively tuning in to make sense of confusing signals The insights you'll gain from these tools will lend reason compassion and meaning to events such as illness loss or despair Following Dr Orloff's simple clear instructions illustrated with examples from her own experience and psychiatric practice you'll recapture a sense of vision that will bring vibrance to all that you do Our intuition can open us up to our spirituality and show us how to be more healthy and whole writes Dr Orloff If you're in good health you'll want to know about intuition because it can help you stay well and recognize messages that prevent illness If you or your loved ones need healing you'll also want intuition to show the way Written with abundant warmth humor and compassion this guide is your companion to a healthier more fulfilling life **Healing with Nature** Susan S. Scott, 2003-09-01 Susan S Scott is an experienced psychotherapist who due to a back injury was forced to abandon her therapist's couch and walk for therapy Through her extended strolls through nature she discovered the ingenious ability of trees to grow around obstacles and in

essence heal themselves The result of Dr Scott s musings is Healing with Nature This collection of stories and photos describes a different aspect of the healing process matched with a corresponding tree image Readers will learn how to observe their natural environment with fresh eyes tap into their own self healing powers and discover creative ways to become the master of their own lives An inspiring read for anyone with an interest in spiritual growth **The Body Keeps the Score** Bessel A. Van der Kolk,2015-09-08 Originally published by Viking Penguin 2014 **The Healing Code** Alexander Loyd,2011-02-09 With over 1 million copies sold worldwide and translated into 29 languages Dr Alex Loyd s international bestselling book is a life changing program that uses energy medicine to heal mental and physical challenges The Healing Code is your healing kit for life to recover from the issues you know about and repair the ones you don t The book also includes The Seven Secrets of life health and prosperity The 10 second Instant Impact technique for defusing daily stress The Heart Issues Finder the only test that identifies your source issues in a succinct personalized report Dr Alex Loyd discovered how to activate a physical function built into the body that consistently and predictably removes the source of 95% of all illness and disease His findings were validated by tests and by the thousands of people from all over the world who have used The Healing Code s system to heal virtually any physical emotional or relational issue His testing also revealed that there is a Universal Healing Code that will heal most issues for most people In this book you will get that Universal Healing Code which takes only minutes to do **Instinct Based Medicine** Leonard Coldwell,2008-06 An experienced physician and health researcher explains the direct correlation between emotional and mental stress and degenerative diseases particularly cancer He also provides the knowledge and tools necessary to prevent or to recover quickly from a degenerative disease Hardwired: How Our Instincts to Be Healthy are Making Us Sick Robert S. Barrett,Louis Hugo Francescutti,2020-10-30 For the first time in a thousand years Americans are experiencing a reversal in lifespan Despite living in one of the safest and most secure eras in human history one in five adults suffers from anxiety as does one third of adolescents Nearly half of the US population is overweight or obese and one third of Americans suffer from chronic pain the highest level in the world In the United States fatalities due to prescription pain medications now surpass those of heroin and cocaine combined and each year 10% of all students on American college campuses contemplate suicide With the proliferation of social media and the algorithms for social sharing that prey upon our emotional brains inaccurate or misleading health articles and videos now move faster through social media networks than do reputable ones This book is about modern health or lack of it The authors make two key arguments that our deteriorating wellness is rapidly becoming a health emergency and two that much of these trends are rooted in the way our highly evolved hardwired brains and bodies deal with modern social change The co authors a PhD from the world of social science and an MD from the world of medicine combine forces to bring this emerging human crisis to light Densely packed with fascinating facts and little told stories the authors weave together real life cases that describe how our ancient evolutionary drives are propelling us toward ill health and disease Over the course of seven

chapters the authors unlock the mysteries of our top health vices why hospitals are more dangerous than warzones our addiction to sugar salt and stress our emotionally driven brains our relentless pursuit of happiness our sleepless society our understanding of risk and finally how world history can be a valuable tutor Through these varied themes the authors illustrate how our social lives are more of a determinant of health outcome than at any other time in our history and to truly understand our plight we need to recognize when our decisions and behavior are being directed by our survival seeking hardwired brains and bodies

Instinct T. D. Jakes, 2014-05-06 Tap into your God given intuition and start achieving ultimate success with this inspiring 1 New York Times bestseller from Bishop T D Jakes If you have ever felt misaligned this book is for you If you have lost the rhythm the passion or the thrill of living in alignment then keep reading As He did with the very cells that comprise our bodies and the dry bones that were joined together for new life God has given us deeper instincts to be attracted to those things that fit a higher and better purpose Never settle for less than God's best for your life Some people have the courage to move beyond the ordinary from the methodical mediocre into the revolutionary realization of where they belong You can have this sense of belonging only when you connect to your core calling The calling to creativity the calling to teach to give to build are all part of allowing your instinct to guide you to the something more that you suspect is out there If you are ready to break through the confines of where you are and discover where you are meant to be then Instinct is your key

EndFragment

Healing Invisible Wounds Richard F. Mollica, 2009 In these personal reflections on his thirty years of clinical work with victims of genocide torture and abuse in the United States Cambodia Bosnia and other parts of the world Richard Mollica describes the surprising capacity of traumatized people to heal themselves Here is how Neil Boothby Director of the Program on Forced Migration and Health at the Mailman School of Public Health Columbia University describes the book Mollica provides a wealth of ethnographic and clinical evidence that suggests the human capacity to heal is innate that the survival instinct extends beyond the physical to include the psychological as well He enables us to see how recovery from traumatic life events needs to be viewed primarily as a mystery to be listened to and explored rather than solely as a problem to be identified and solved Healing involves a quest for meaning with all of its emotional cultural religious spiritual and existential attendants even when biochemical reactions are also operative Healing Invisible Wounds reveals how trauma survivors through the telling of their stories teach all of us how to deal with the tragic events of everyday life Mollica's important discovery that humiliation an instrument of violence that also leads to anger and despair can be transformed through his therapeutic project into solace and redemption is a remarkable new contribution to survivors and clinicians This book reveals how in every society we have to move away from viewing trauma survivors as broken people and outcasts to seeing them as courageous people actively contributing to larger social goals When violence occurs there is damage not only to individuals but to entire societies and to the world Through the journey of self healing that survivors make they enable the rest of us not only as individuals but as entire communities to

recover from injury in a violent world Head First Alastair Santhouse,2021-09-14 In the tradition of Lori Gottlieb and Henry Marsh a distinguished psychiatrist examines his own practice Alastair Santhouse knew something was wrong the night he was on call during his medical training and got the news that a woman on the way to the ER had died in the ambulance That meant he could go back to sleep But he couldn't He was overtaken with the sense that his joyful reaction was a terrible failure That night began his long journey away from the ER and into psychiatry Head First chronicles Santhouse's many years treating patients and his exploration of the ways in which our minds exert a huge and underappreciated influence over our health They shape our responses to symptoms that we develop dictate the treatments we receive and influence whether they work They even influence whether we develop symptoms at all Written with brutal honesty deep compassion and a wry sense of humor Head First examines difficult cases that illuminate some of our most puzzling and controversial medical issues from the tragedy of suicide to the stigma surrounding obesity to the mysteries of self-induced illness Ultimately he finds that our medical model has failed us by promoting specialization and overlooking perhaps the single most important component of our health our state of mind *The Willpower Instinct* Kelly McGonigal,2011-12-29 Based on Stanford University psychologist Kelly McGonigal's wildly popular course *The Science of Willpower* *The Willpower Instinct* is the first book to explain the science of self control and how it can be harnessed to improve our health happiness and productivity Informed by the latest research and combining cutting edge insights from psychology economics neuroscience and medicine *The Willpower Instinct* explains exactly what willpower is how it works and why it matters For example readers will learn Willpower is a mind body response not a virtue It is a biological function that can be improved through mindfulness exercise nutrition and sleep Willpower is not an unlimited resource Too much self control can actually be bad for your health Temptation and stress hijack the brain's systems of self control but the brain can be trained for greater willpower Guilt and shame over your setbacks lead to giving in again but self forgiveness and self compassion boost self control Giving up control is sometimes the only way to gain self control Willpower failures are contagious you can catch the desire to overspend or overeat from your friends but you can also catch self control from the right role models In the groundbreaking tradition of *Getting Things Done* *The Willpower Instinct* combines life changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting less procrastination better health and greater productivity at work *Healing the Heart of Democracy* Parker J. Palmer,2014-07-31 Hope for American democracy in an era of deep divisions In *Healing the Heart of Democracy* Parker J. Palmer quickens our instinct to seek the common good and gives us the tools to do it This timely courageous and practical work intensely personal as well as political is not about them those people in Washington D C or in our state capitals on whom we blame our political problems It's about us We the People and what we can do in everyday settings like families neighborhoods classrooms congregations and workplaces to resist divide and conquer politics and restore a government of the people by the people for the people In the same compelling

inspiring prose that has made him a bestselling author Palmer explores five habits of the heart that can help us restore democracy's foundations as we nurture them in ourselves and each other An understanding that we are all in this together An appreciation of the value of otherness An ability to hold tension in life giving ways A sense of personal voice and agency A capacity to create community Healing the Heart of Democracy is an eloquent and empowering call for We the People to reclaim our democracy The online journal Democracy Education called it one of the most important books of the early 21st Century And Publishers Weekly in a Starred Review said This beautifully written book deserves a wide audience that will benefit from discussing it Waking the Tiger: Healing Trauma Peter A. Levine, Ph.D.,1997-07-07 Now in 24 languages Nature's Lessons in Healing Trauma Waking the Tiger offers a new and hopeful vision of trauma It views the human animal as a unique being endowed with an instinctual capacity It asks and answers an intriguing question why are animals in the wild though threatened routinely rarely traumatized By understanding the dynamics that make wild animals virtually immune to traumatic symptoms the mystery of human trauma is revealed Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them People are often traumatized by seemingly ordinary experiences The reader is taken on a guided tour of the subtle yet powerful impulses that govern our responses to overwhelming life events To do this it employs a series of exercises that help us focus on bodily sensations Through heightened awareness of these sensations trauma can be healed **Timeless Healing** Herbert Benson,2009-07-07 Learn how the mind shapes the body and take charge of your health and wellness with the science and power of belief In this life changing book Dr Herbert Benson draws on his twenty five years as a physician and researcher to reveal how affirming beliefs particularly belief in a higher power make an important contribution to our physical health We are not simply nourished by meditation and prayer but are in essence wired for God Combining the wisdom of modern medicine and of age old faith Dr Benson shows how anyone can with the aid of a caring physician or healer use their beliefs and other self care methods to heal over 60 percent of medical problems As practical as it is spiritual Timeless Healing is a blueprint for healing and transforming your life **The Wisdom of Anxiety** Sheryl Paul,2019-06-27 We have to shift from a mindset of shame which sees anxiety as evidence of brokenness to a mindset of curiosity which recognizes that anxiety is evidence of our sensitive heart our imaginative mind and our soul's desire to grow towards wholeness Three million people are thought to suffer from anxiety in the UK and it is an issue that affects a growing number of people across all ages For anyone troubled by obsessive thoughts insomnia and other manifestations of anxiety counsellor Sheryl Paul offers shelter in the storm In The Wisdom of Anxiety Paul reveals that anxiety like any emotion is a signal a clear bodily invitation to heal and renew your trust in your choices self image and core values Weaving together practical exercises with personal stories Paul offers medication free approaches for accessing the gifts in different kinds of anxiety and especially the anxiety summoned by life's transitions for example a career change becoming parents or becoming carers for loved ones Chapters include recognising the symptoms of anxiety its origins the myth of normal the expectation of

happiness and a timeline of healing that includes exercises for the body and mind There are also chapters on parenting in an age of anxiety and the vulnerability of connection and relationships The Secret Of Happiness Dr. Jas Mand, Intuitive Astrology Elizabeth Rose Campbell,2007-12-18 Intuitive Astrology is simply wonderful I ve used and studied astrology for many years and this is one of the most accessible and practical guides ever written Christiane Northrup M D Author of Women s Bodies Women s Wisdom and The Wisdom of Menopause A user friendly gift of intelligence accessibility and depth ELIZABETH LESSER Co founder of Omega Institute and author of The Seeker s Guide Is astrology destiny Of course not Your birth chart does not foresee a future written in stone and predictive astrology is just a parlor game The original purpose of astrology was to help you tap into your inner wisdom ask yourself the right questions and find your own answers to life s challenges Now this unconventional and refreshing guide helps you reconnect with the sea of intuition that flows through each of us so you can discover your true purpose Based upon the author s nearly twenty years of experience as a professional astrologer this amazing book gives you a secure orientation in the basic principles of astrology and teaches you highly effective techniques for identifying your talent your passion your spiritual support and your connection to community Clear instructions on technically reading the planets signs and houses in your birth chart as well as a primer on the meaning of each Easy to follow intuitive exercises to connect with your cosmic database a wellspring of creativity that encourages you to trust your potential and to love who you are in the present Helpful ways to trust your own limits and use them as inner teachers Twelve true life stories that illustrate the inspiring and uniquely brilliant way in which each of us can bring an astrological script to life If you are drawn to astrology but are intimidated by its apparent complexities this generous comprehensive book is the book for you It presents the basics of astrology with crystal clarity and prepares you to use them with a subtle finely honed precision that no other source provides Even if you re an experienced astrologer you ll be enlightened and stimulated by Elizabeth Rose Campbell s affirmation When you follow your best instincts you follow the stars

Memory Unlimited Biswaroop Roy Chowdhury,2024-11-21 This Book is a collection of examples from various areas of science commerce and arts showing how Advance Mnemonics can be helpful in improving the learning speed To get the full advantage of these techniques readers are suggested to go through the two mind triggering books of the Memory Guru Memory Mind Body Book and Dynamic Memory Methods **Why Women Are What They Are** Swati Lodha,2005

The Instinct To Heal The Instinct To Heal Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **The Instinct To Heal The Instinct To Heal**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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