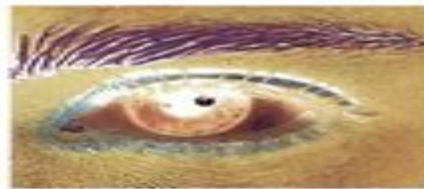


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Martin Rush, M.D.

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Martin Rush,1994-12 Itchy palms cold feet a pain in the neck Not a day goes by that our bodies don't speak to us through tickles and tingles belches and bellyaches and psychiatrist Martin Rush takes us on an entertaining enlightening exploration as he teaches us how to decode these secret signs and signals Rush reasons that many of the twitches and twinges we experience may have psychological roots rather than physical ones The runny nose lower backache and cough signify some underlying wants or needs that the body is trying to convey Because we aren't always aware of our feelings the sudden symptom may be a physiological way of drawing our attention to an unnoticed emotion By recognizing these signals and then deciphering them we can better understand the meanings in our aches pains and other symptoms So if you're itching to know why you have sudden chronic sneezing attacks or why your eyelid occasionally twitches uncontrollably or what is behind that unexplainable rash then perhaps it's time for a visit with Dr Rush The quintessential example of the mind body connection Decoding The Secret Language of Your Body makes everyone aware of even the most subtle interaction between feelings and body responses

The Secret Language of Cravings Decode Your Body's Signals and Discover What It Really Needs Nadia Pembroke,2025-09-06 What if your cravings weren't weaknesses but messages That sudden desire for chocolate salty snacks or late night ice cream might not be random at all Instead it could be your body's way of asking for something deeper The Secret Language of Cravings is your guide to understanding what those urges actually mean With a friendly down to earth style this book helps you decode cravings as signals from your body pointing to real needs for nutrition balance or even emotional care Inside you'll learn how to Recognize the difference between emotional cravings and physical ones Understand what specific cravings may reveal about your health Discover natural satisfying alternatives that truly nourish you Break free from the cycle of guilt stress and overindulgence Build a kinder relationship with your body and food This isn't about restriction it's about awareness By learning to listen you'll unlock a new way to care for yourself that feels sustainable compassionate and empowering Your cravings are speaking This book will help you understand what they're really saying

The Bottom Line Book of Total Health and Wellness ,2004

Social Etiquette Workbook & Video Elizabeth

Soos,2025-01-01 We're thrilled to introduce a comprehensive video course designed especially for young learners Packed with fifteen fun and engaging lessons this course will teach children the art of social etiquette children will learn how to introduce themselves make friends say goodbye politely and interact with adults respectfully From mastering the art of small talk to understanding body language and practising empathy these videos will help children develop strong social skills and build positive relationships

What Your Boss Doesn't Tell You Until It's Too Late Robert M. Bramson,1996-01-09

From Simon Schuster What Your Boss Doesn't Tell You Until It's Too Late teaches readers how to correct behavior that is holding you back Designed to facilitate better business relationships on every level this book offers a practical plan for

minimizing modifying or containing irritating or off putting personal traits in the workplace It will be welcomed by bosses and employees alike **Peoplewatching** Desmond Morris,2012-11-30 Peoplewatching is the culmination of a career of watching people their behaviour and habits their personalities and their quirks Desmond Morris shows us how people consciously and unconsciously signal their attitudes desires and innermost feelings with their bodies and actions often more powerfully than with their words Future Memory P. M. H. Atwater,2013-01-01 There are many different paths to the future According to P M H Atwater one of the foremost investigators into near death experiences future memory allows people to live life in advance and remember the experience in detail when something triggers that memory Atwater explains the unifying and permanent effect of that experience is a brain a brain shift which she believes may be at the very core of existence itself In Future Memory Atwater shows that structural and chemical changes are occurring in our brains changes indicative of higher evolutionary development This mind blowing exploration of a mind blowing topic traces her findings about this phenomenon and explores its implications for the individual and for society Future Memory Provides a series of steps to assist in developing future memory Explores new models of time existence and consciousness Presents an in depth study of the brain shift and how it can be experienced Offers an extensive appendix and resource manual Future Memory is an important step in understanding the relationship between human perception and reality *Healing Happens with Your Help* Carol Ritberger Ph. D.,2009-11 HEALING HAPPENS WITH YOUR HELP Is illness really just the result of external factors such as viruses bacteria or environmental contaminants invading the body Or is there something more going on Could it be that the ancient metaphysicians were on to something with the adage As a person thinketh so shall he be Do the mind and body truly imitate and imprint each other so that what affects one has an impact on the other Is it possible that illness is the soul s way of letting us know that something we re thinking doing or saying is compromising who we truly are This fascinating book provides the answers to these questions and more and it uncovers the hidden meanings behind illnesses such as diabetes cancer heart disease rheumatoid arthritis fibromyalgia chronic fatigue syndrome depression and headaches It doesn t only look at symptoms but at origins working not from the perspective of curing but of healing It explores the complex relationship of emotions attitudes and beliefs and provides a mapping process to show you where you energetically hold these triggers in the organs glands muscles and spine Most important this book offers insight into how you can heal yourself by simply changing your thoughts attitudes and patterns **Healing Happens With Your Help** Carol Ritberger, Ph.D.,2008-02-01 Is illness really just the result of external factors such as viruses bacteria or environmental contaminates invading the body Or is there something more to why we become ill Could it be that the ancient metaphysicians were on to something when they viewed healing from the adage As a person thinketh so shall they be Do the mind and body truly imitate and imprint each other so what affects one affects the other And if so is it possible that if we acknowledge and understand the impact of these elements we could not only restore our body back to good health but we could actually make it better

than before we became ill Healing Happens with Your Help provides the answers to these questions and more and uncovers the hidden meanings behind illnesses such as diabetes cancer heart disease rheumatoid arthritis fibromyalgia chronic fatigue depression and headaches It looks at illness not from symptoms but from origins and not from the perspective of curing but from the perspective of healing It explores the complex relationship between emotions attitudes and beliefs and provides a mapping process to show you where you energetically hold these triggers in the organs glands muscles and spine of your body Most important Healing Happens with Your Help offers insight into how you can heal your body and your life by simply changing patterns and changing thoughts

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