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you need this book! . . . [It] could even save your life."

—CHRISTIANE NORTHRUP, M.D.,
author of *Women's Bodies, Women's Wisdom*

ASTHMA FREE

IN 21 DAYS

THE BREAKTHROUGH
MIND BODY
HEALING PROGRAM

KATHRYN SHAFER, PH.D., AND FRAN GREENFIELD, M.A.

Foreword by GERALD EPSTEIN, M.D.

Asthma Free In 21 Days The Breakthrough Mind Body Healing Program

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Asthma Free In 21 Days The Breakthrough Mind Body Healing Program:

Clinical Work with Substance-Abusing Clients, Second Edition Shulamith Lala Ashenberg Straussner, 2004-08-31
This widely adopted text offers practical guidance for working with substance abusers and their families in a variety of clinical contexts. Expert contributors present major assessment and treatment approaches together with detailed recommendations for intervening with specific substances and meeting the needs of different populations. Throughout helpful case vignettes illustrate how to translate the ideas presented into practice and overcome common stumbling blocks. Practitioners and students will find all the information needed to stay current in the field in this authoritative comprehensive and highly accessible work. *Doing Something Different* Thorana S. Nelson, 2011-01-11
Interventions and Practices in Solution Focused Approaches provides readers with a plethora of ideas for practicing training and enjoying the solution focused approach in therapy consulting supervision and coaching. **Clinical Work with Substance-Abusing Clients, Third Edition** Shulamith Lala Ashenberg Straussner, 2013-12-13
A leading professional resource and course text, this book provides practical guidance for treating clients with substance use disorders in a variety of contexts. Expert contributors present major assessment and treatment approaches together with detailed recommendations for intervening with particular substances. Clinical techniques are clearly explained and illustrated with helpful case examples. Important topics include harm reduction strategies for working with family members and ways to meet the needs of specific populations including women, adolescents, older adults, LGBT clients, and those with frequently encountered co-occurring problems. New to This Edition: Revised to reflect current research and clinical advances; updated for DSM-5. Chapters on trauma-informed care, cognitive-behavioral therapy, and complementary/alternative approaches. Chapters on neurobiology and behavioral addictions. Significantly revised chapters on family treatment and dual disorders. **Falling Awake** Kathryn Shafer, 2024-11-21
This pioneering guide is the first of its kind to integrate the FUN program with the brainbody therapies known as EMDR, Brainspotting, and Yoga Nidra. It provides clear guidance on how to safely use therapeutic tools and self-regulation exercises for clinicians and individuals impacted by trauma, addiction, anxiety, grief, family dysfunction, and stress. It offers a comprehensive toolbox of strategies and techniques to use during therapy sessions or on your own. The science behind each modality and approach is explained in detail, along with how they can be applied to maximize self-care and enhance the therapeutic relationship. Techniques include case conceptualization, the use of mental imagery, directing attention to sensations in the body, focused eye movements, and positions, and many more. Dr. Shafer draws on her extensive internationally recognized and evidence-based research in this accessible and innovative book. Clinicians will be able to diversify their scope of practice and further aid their clients' healing through the integrative potential of The FUNTM Program, EMDR, Brainspotting, and Yoga Nidra. **In-fertilità. Un approccio multidisciplinare** Michela Di Trani, Anna La Mesa, 2018-04-03
Il presente volume include scritti ispirati dal Convegno *In fertilità: un approccio multidisciplinare* tenutosi a Roma il 5 e il 6 maggio 2017 presso l'Aula Magna della Facoltà

di Medicina e Psicologia dell'Università degli Studi di Roma La Sapienza Obiettivo del Convegno stato quello di promuovere il confronto interdisciplinare tra ginecologi medici di medicina generale ostetriche psicologi biologi e giuristi sui temi inerenti l'infertilità la sterilità e le tecniche di Procreazione Medicalmente Assistita PMA All'interno di una prospettiva bio-psico-sociale sono stati presentati diversi modelli di intervento multidisciplinare focalizzando l'attenzione sulle connessioni tra teoria e prassi Nello specifico stato affrontato il tema del ruolo della psicologia nei percorsi di PMA nell'ottica di promuovere un intervento olistico di supporto al paziente in questo complesso momento di vita ma anche di sostenere l'efficacia del lavoro dell'equipe terapeutica

Asthma Free in 21 Days Kathryn Shafer, 2011-12-13 Is it really possible to reverse the painful debilitating symptoms of asthma and to reduce your dependence on doctors and medication in just 21 days Conventional medicine offers no real solution to the seventeen million Americans suffering from this disease But in this remarkable book Kathryn Shafer Ph.D. and Fran Greenfield M.A. share their natural alternative the FUN program Focus Undo Now Act that can help you break the bonds of asthma forever in only minutes a day Kathryn Shafer's triumph over life-long asthma is a testament to the power of mind-body healing This approach allowed her to successfully run the entirety of the New York City Marathon without medication Her astounding victory became the seed for the FUN program Together Fran Greenfield and Kathryn Shafer reveal the intimate relationship between asthma and personal freedom in this self-guided breakthrough method which many of their clients have used with miraculous results This masterful innovative and successful program for the treatment of asthma from the foreword by Gerald Epstein M.D. introduces Over forty exercises including visualizations for immediate symptom relief A blueprint that redefines your relationship with asthma Three twenty-one day healing plans that can be tailored to your own needs A unique mind-body perspective on exercise induced asthma nutrition and environment A fun guide developed especially for kids Along with a wealth of real-life success stories these strategies can prevent panic clarify the meaning of symptoms increase energy levels and achieve a deeper healing than you ever thought possible Whether used as a complement to conventional medicine or as a medication-reducing alternative this program empowers people of all ages to live more active fulfilling lives

Subject Guide to Books in Print, 2001 **Asthma Free in 21 Days** Kathryn Shafer (Ph.D.), Shafer, 2000-01-01 A longtime asthma sufferer offers a mind-body technique for relieving asthma presenting a twenty-one day plan that breaks the engrained emotional patterns aggravating the condition and that can be used with conventional therapies or as an alternative treatment American Book Publishing Record, 1999 **Weekly**

World News, 1981-02-24 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site Weekly World News, 1981-12-22 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **Weekly World News**, 1981-08-25 Rooted in the

creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

Conscious Medicine Gill Edwards, 2010-11-18 Radical changes are afoot in medicine as we build stronger bridges between science and spirituality In *CONSCIOUS MEDICINE* Gill Edwards explains that mind and body are inseparable and that emotions are crucial in health and disease Her new approach to healthcare is based on the latest research into the transformative power of consciousness energy and the bodymind She explains how when you break your old habits of thought you can not only reverse disease processes and heal injuries but also attract more positive events and circumstances into your life Chapters cover miracles in health and why our current medical model is limiting how negative thoughts activate the stress response in the body which eventually makes us ill how the body speaks to us symbolically through symptoms and illness how to break free from limiting patterns and create a new health full future Always thought provoking and inspiring this is an accessible practical and joyous book

Asthma Free in 21 Days Kathryn Shafer, Fran Greenfield, 2001-10-01 Conventional medicine offers no real solution to the 17 million Americans suffering from asthma Now Shafer and Greenfield share their natural alternative the FUN program Focus Undo Now Act that can help you break the bonds of asthma forever in minutes a day They reveal the intimate relationship between asthma and personal freedom in this self guided method which many of their clients have used with miraculous results The FUN program includes strategies that can prevent panic clarify the meaning of symptoms increase energy levels and achieve a deeper healing than you ever thought possible so you can live a more active fulfilling life Includes real life success stories

EastWest, 1989

The Medical Journal of Australia, 1993

Breathing Free Teresa Hale, 1999 Teresa Hale will show you a new way to breathe If you suffer from asthma or other severe respiratory diseases this book could save your life An astonishing number of Americans suffer from respiratory diseases and have been told that there is little they can do about them except mask the symptoms with drugs However these drugs often cause a very unhealthy dependency in their users and fail to really treat the condition *Breathing Free* reveals a five day program that has revolutionized the treatment of asthma and respiratory illness internationally Called the Breath Connection and taught at London's renowned Hale Clinic it is based on the discovery of Professor Konstantin Buteyko and on more than forty five years of practical and empirical research Thus far the Breath Connection has helped hundreds of thousands of sufferers alleviate the worst symptoms of asthma and other respiratory illnesses At the heart of this program is the concept that some 200 diseases including asthma emphysema and bronchitis are a result of dysfunctional breathing or overbreathing With black and white descriptive line drawings throughout the text *Breathing Free* teaches a simple natural technique that demonstrates to sufferers how they can retain their breathing patterns so as to prevent and overcome attacks restore healthy sleep and reduce medication by up to 60 percent The cornerstone of the program is The Pause Control a technique of holding the breath that restores the body's natural levels of carbon dioxide oxygen and pH For those seeking

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