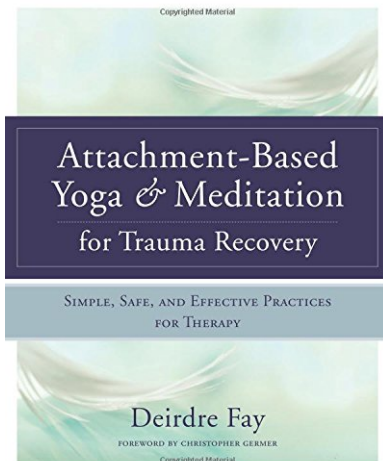


# [PDF] Attachment-Based Yoga & Meditation For Trauma Recovery: Simple, Safe, And Effective Practices For Therapy

Deirdre Fay - pdf download free book



## Books Details:

Title: Attachment-Based Yoga & Medit

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## Description:

**A practical but far-reaching look at a variety of mind-body techniques for working with trauma clients.**

This book offers an unprecedented, attachment-informed translation of yogic philosophy to body-based trauma treatment. The result is both erudite and accessible, emphasizing ready-to-implement skills and approaches that are as groundbreaking as

they are effective. Organized around key trauma issues and symptoms, this book offers clinicians a practical but far-reaching look at mind-body skills and techniques for helping trauma clients access their individual wisdom, develop secure internal attachment, and find the path home to the Self. 5 illustrations

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