

Accessing the Healing Power of the Vagus Nerve Self-Help Exercises for Anxiety Depression Trauma and Autism by Stanley Rosenbery

Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism
By: Stanley Rosenbery

<https://196d0.nafsa11.cz/1tRDZJ?keyword=Accessing+the+Healing+Power+of+the+Vagus+Nerve%3a+Self-Help+Exercises+for+Anxiety%2c+Depression%2c+Trauma%2c+and+Autism>

ISBN-13: 9781623170240

The bestselling guide to the vagus nerve, now in 20+ languages: unlock the self-healing power of Stephen Porges's Polyvagal Theory Vagus exercises for reducing anxiety, healing trauma, and rebalancing your autonomic nervous system This comprehensive guide offers an easy-to-understand overview of the vagus nerve—and helps you unlock your body's innate capacity to heal from stress, trauma, anxiety, and injury. Dr. Stanley Rosenberg, PhD, dispels long-held myths about the autonomic nervous system (ANS) and offers up-to-date research on how our physical health, emotional wellness, and the vagus nerve are all interconnected. Most importantly, he shows how these insights can help you heal your ANS—and live a less stressed, more balanced, and emotionally regulated life. This book offers: An in-depth overview of Stephen Porges's Polyvagal Theory Step-by-step self-help techniques for regulating the vagus nerve Vagus exercises to relieve emotional, psychological, and physical symptoms Real-life case studies and stories from the author's clinical practice Insights into the vagus nerve's role in social behavior An overview of what happens in our bodies when we get stuck in stress states—and how to heal them Simple, research-backed recommendations for initiating deep relaxation, improving sleep, healing from trauma, and stimulating recovery from illness and injury Accessing the Healing Power of the Vagus Nerve is written for therapists, bodyworkers, trauma survivors, parents, and anyone struggling with chronic stress. Grounded in neurobiology research, clinical stories, and easy-to-follow exercises, this book gives you the tools to bring your body back into a state of safety, balance, and optimal functioning.

tags:

Free PDF Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism

Full Download Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism

PDF Kindle Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism


Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism Free PDF

EPUB Free Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism


Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism Kindle

Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism Download Free

 Difficulté Facile

 Durée 769 heure(s)

 Catégories Sport & Extérieur, Recyclage & Upcycling, Science & Biologie

 Coût 40 EUR (€)

Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

Étape 1 -
