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Dreambody: The Body's Role in Revealing the Self

By Arnold Mindell

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1 of 1 review helpful Wonderful book By Sharon Arnie Mindell s books on the Dreambody are great he has written a couple It is an amazing practical yet enlightened and expansive way to work with your own consciousness It s the best psychology I have ever encountered It relates psychological and emotional issues and principles to the physical body and is a method using the body and dreams and your environment to work o Introducing the concept of meaningful connections between nighttime dreams myths and body experiences this work traces attitudes toward the body in Eastern and Western thought and illustrates the connections between body experiences and universal patterns evident in philosophical systems fairy tales and myths This newly revised second edition contains a new foreward which locates the original dreambody concept within later developments in process work include About the Author Arnold Mindell Ph D is the founder of a new school of therapy called Process Oriented Psychology and is known throughout

the world for his innovative synthesis of dreams bodywork Jungian therapy group process consciousness studies

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