

"A must read." — Deepak Chopra

# HOLOTROPIC BREATHWORK

*A New Approach to Self-Exploration and Therapy*

STANISLAV GROF & CHRISTINA GROF

Foreword by Jack Kornfield

Stanislav Grof

Holotropic Breathwork: A New Approach to Self-Exploration and Therapy  
(SUNY series in Transpersonal and Humanistic Psychology)



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The definitive summary of this transformative breathwork.



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This book seems as an advertisement for this program these people developed but . I started doing some breath function and had some queries regarding my knowledge with it.waste of \$ Doesn't talk about the actual practice The blurbs concerning this book are most misleading. This book seems as an advertisement for this program these people developed nonetheless it doesn't really offer you any information. Not for laypeople. Don't examine unless you're a specialist.. You cannot perform breathwork on yourself, so the level of tedious, monotonous details in this reserve is unneeded unless you're learning to be a facilitator. That they don't really make that clear any place in the book description is criminal.Do not read this reserve unless you're a professional interested in leading breathwork periods. This book is not for laypeople, and it's really criminal that isn't clarified anywhere in its explanation or introduction. If you have got the therapy, I can't imagine any of this might be new to you. The materials is usually lofty and uninteresting. If you want to have the therapy, just go do it. Like a holotropic breathwork infomercial. The 1st 100 pages are spent explaining the procedure. Then, there are some accounts of people's encounters. It honestly just comes across as a justification of why the breathwork is usually legit and sort of a sales pitch for this. If you for some reason have a burning desire to learn about the therapy, I guess read this book? In the event that you already are thinking about doing some sessions, just talk to an expert and skip this reserve. Holotropic Breathwork - the book This program is wonderful and incredibly healing, but the book can be an overview, with feedback of just how much it has helped people. I saw a published version of this reserve and it got more info . i also appreciatedthe part of participant observer that psychologists took on.. That is a great presentation on breathwork and how it can cleanse, heal and aid one in a better, freer life! Evolving the Human Condition Stan Grof is a good researcher with many years of experience to back again up his strategies and conclusions. it put healing in the hands of the average person within a supportive and understanding environment. What I valued most concerning this book was the excellent overview of why the traditional mental paradigm leaves out two thirds of a far more full paradigm of "how come" things happen in our lives. The Holotropic Model properly includes results and influences from both the Pre-natal / Peri-natal experiences and the Spiritual (past lifestyle and cultural inheritances) in what it takes to heal and transform current existence issues.. I began reading Grof's books in 1987, you start with "Beyond the mind." He is a true contributor to the potential of Evolving the Human being Soul.. It does not offer any information, and is often a sales pitch for the program. The kindle edition doesn't have 290 pages as listed on explanation. I believe it is incomplete a gem the info was invaluable and inspirational. after becoming hospitalized and facing trauma it had been good to learn that medicine isnt the ideal solution. the body understands how to heal itself, as was outlined in the book. Great overview in breath and how it affects your body. it beats the function of god and authority that conventional society bestows upon them. I have experienced the transformative potential of Holotropic Breathwork many times. since I had not been able to like a publication with insane small font Whomever mad your choice to print in such a small mainly because\_ print is a llamo. Kindle version not like printed version This version of the book will not give information on what the holotropic breth work is ..that is all I must write, since I had not been able to enjoy a reserve with insane little font. It isn't to be...A single expected some amazing system that will transform your daily life.. Jesse Gros - Venice CA.' It is largely suggestions for facilitators of the machine. Great introduction to a remarkable field of research and a . Considered giving this one star. The research on Epigenetics (Bruce Lipton's great publication, "Biology of Belief") facilitates this work. Great introduction to a fascinating field of study and a dedicated researcher. Good read for anyone with an intention in philosophy, psychology, spirituality. I specifically appreciated that part about this work not becoming just an artifact of hyperventilation. Intriguing book Excellent book It is rather well thought out and very well researched. Five Stars Thank you. Recently I had a customer share that specific sentiment and this publication cleared it up. I provide it a 4 our of 5 just because it's a bit dense. Love it. Well performed! There is absolutely no

information on the real practice of 'holotropic breathwork. A "must read" for anyone interested in Breathwork I have been teaching Breathwork for half a decade now and this book put a wonderful structure around most of my experiences.



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