

"Francine Shapiro's discovery of EMDR is one of the most important
breakthroughs in the history of psychotherapy."
—NORMAN DOIDGE, MD, author of *The Brain That Changes Itself*

GETTING PAST YOUR PAST



TAKE CONTROL of
YOUR LIFE with
SELF-HELP TECHNIQUES
from EMDR THERAPY

FRANCINE SHAPIRO, PhD

Francine Shapiro

Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy



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" Well I get it now - it really IS about their very own past experience. THE PHYSICIAN was actually an angel in my own life and still left me a total believer in EMDR. Many years ago I was under multiple stresses and got an anxiety attck(out of the blue) on the Golden Gate Bridge and couldn't travel the freeways or on bridges for about 7 years. I also understand my strengths - and just why some things get to me at times rather than at other times. It begun to make so much sense that unprocessed memories from childhood will "result in" *reactions* in adulthood. was a quack! Very good book. This is an excellent book and I am a great believer in EMDR. It is painless and works well on Post Traumatic Tension. This publication is well crafted and definitely worth reading and keeping in your library! I am so glad I purchased it.. WE ALL NEED TO READ THIS! A really good book I loved this book!! (And EMDR can be AMAZING!!) I've been struggling with my past for a long time and knew of EMDR therapy, but didn't have a lot of achievement when I was first introduced to the process. Mostly because of a lacking ability to find a safe place. Knowing the chance of "repairing" myself was within reach, I go through this book. I'm a hands on learner, and without understanding the complete process, it is hard to allow another person to take the reins and information me, which is just what a qualified professional will do during EMDR Therapy. good source for emdr emdr is the best way of self therapy Five Stars AMAZING! In addition, it allowed me to open up my own memory networks and identify several Touchstone Memories to work through with my therapist. This is a must-read for everyone, regardless of your ..! Four Stars Item as described. I bought the hard back 7 yrs ago and read thru it w/out carrying out the actual function. My sister recommended EMDR and after 2 sessions (that i was sure had been ineffective and that the Dr. Anyone who spends any moment reflecting on why they react using ways and then tries to focus on it, could have 1,000 a-ha moments reading this book. It also speaks to how the human brain is a finicky issue. So grateful for this info. For all the people who had unkind teachers, instructors, unsupportive parents, this will end up being help you understand why you will probably find yourself emotionally stating from time to time: "Jeez it bugs me therefore very much when" but intellectually stating "Jeez it shouldn't bug me therefore much when" :) The light is on, and I now know where in fact the lightswitch is! It'll change my lifestyle. I simply finished it, and Personally i think like the light has been turned on for me personally. I've learned so very much about not merely myself but others.) The stories of other people's lives are great, but the exercises that Dr Shapiro suggests have got really connected the dots for me. Key to moving forward Precisely what I needed and offers helpful and possible/ practical ideas Must read. I visited many classes in addition to to therapy but nothing helped. I am more knowledge of why others work as they do. Don't believe the hype You're just as more likely to get outcomes from a hypnotist. Excellent Reserve! I also obtain why the self care items people say are so important ARE so important - to become present and respond to lifestyle from TODAY as opposed to the experiences of days gone by. I might decide to observe an EMDR therapist at some time, but what I've gained so far is like finally having the ability to breathe. You have to be ready, though, and that's the simplest way I know to place it. The book provides a connect to some impressive research you can download: simply google "EMDR GPYP Trauma Analysis Findings and additional Reading" AND I just found that Dr Shapiro has a column in the brand new York Times website that is pretty interesting too: just google "EMDR NYTimes" Great book - one of the most important books I've ever read. This is one of the most important books that I've ever read. And I read a lot. This truly explains why we have been what we have been. Actually, it is best than that: I now know where the light change is (the exercises used within the context of Dr Shapiro's model. This will be

needed reading before Andy relationship. Lol. My only concern is that after doing some more research, I really believe that EMDR could be personal administered and I wish the writer and creator of the technique could have developed it therefore. I'm sure she'd have gotten backlash from other clinicians because that could cut into their cash, but it would have been able to help many more people. If you are ready, this publication will FIX you Guess I was set. Amazing. First program and I have already been better--and improving--ever since. And I am 63 years old with A long time of psychological and physical abuse in my history. It is exciting and freeing to have a window into myself and some techniques for change. All I could tell you is I tried years of prescriptions and counseling, then I tried years of binaural defeat therapy (which helped until something happened and I got scared), and then I tried guided imagery (not for me--so much anxiety that it produced me worse), and CBT, DBT, the entire alphabet--until I ran into that one. I am still scanning this book in little bits at a time, then trying the suggestions in it. But something has happened in my brain in fact it is because of this book.! Long time coming. Amazing. There isn't much option therapy where I live, and so I set about "EMDRing" myself. The appeal to the intellectual part of my brain is what offered it for me. It had been insightful after that, but I want I had began the actual work at that period. I acquired the kindle version and will hardly ever lose it and have started the work in earnest and WOW I am learning what really is running 'the display'. I am also carrying out the eye movement design when processing a result in event and have incorporated positive recollections and thoughts into my patterns. Just because you haven't experienced a to trauma, it still can nag at you in unsuspecting methods. I have a sense that the two people that wrote 3 star evaluations with criticism didn't read the whole book. Great insight I am seeing an EMDR therapist, and this book was discussed. I made a decision to get it as a companion (sort of like homework) to the therapy.It appears on every web page, a memory is brought to the surface, or I tell myself things such as, wow, I get that.Reading this book gave me personally so much insight into how the brain works with regards to memories and the connecting emotions. Weird introduction I didn't produce it through as the 1st few trauma illustrations put a bad flavor in my mouth. These were really trivial things that produced me feel like trauma is a tale (and I know it's not really). I am aware myself, my feelings, my automatic reactions, and my knee jerk responses.), I found myself driving again without problem. This is a must-read for everyone, regardless of your mental health. Prompt shipper. Thank you. You understand how people usually say "don't consider it personally" or "it is not about you?! Actually helped me



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