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The Zen Way of Counseling: A Meditative Approach to Working with People (Paperback)

By Svagito Liebermeister

John Hunt Publishing, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. Svagito Liebermeister presents a way of counseling that is rooted in meditation. He examines the core aspects of a spiritual approach to therapy, beyond method and technique, focusing on the essentials of how personal growth and transformation occur. Important insights are offered to those who are interested in combining therapy and meditation, and who want to gain personal clarity and a new vision of how they work with people. This includes an understanding of how the human mind works in general, as well as the relationship dynamics between man and woman and the inner male-female polarity. The principles described in this book can be applied to any form of therapy or counseling. Practical examples are given from the author's own experience spanning more than 25 years as a therapist, a wide range of clients and many different countries. In this book, three major techniques of therapy body oriented, systemic and energy work are compared and evaluated.



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