

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

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## BOOK DETAILS

- Author : Francine Shapiro
- Pages : 352 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1609619951

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## **BOOK SYNOPSIS**

A totally accessible users guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether weve experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or dont fully understand. Getting Past Your Past offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that dont serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Dont let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

### **GETTING PAST YOUR PAST TAKE CONTROL OF YOUR LIFE WITH SELF-HELP TECHNIQUES FROM EMDR THERAPY**

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