

Alternative Healing Beyond Recovery

A blueprint for empowering survivors of abuse and alcohol



for the **GENIUS®**

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Chicken Soup for the Soul



FOR THE GENIUS IN ALL OF US

Jill Raiguel, MFT

Alternative Healing Beyond Recovery For The Genius

Catherine Garrett



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Alternative Healing Beyond Recovery for the Genius Jill Raiguel, 2015-02-05 Need to take the next step in your recovery from abuse or an alcoholic family Ready to try sound research based alternative techniques In *Alternative Healing Beyond Recovery for the Genius* you will find the answers you need _____ Let s end abuse This book moves the cause to fast forward Read and reap the tremendous insights Mark Victor Hanson co author of *Chicken Soup for the Soul* _____ This book is a treasure chest of simple healing exercises and Life Skills activities that help you the survivor of abuse and or an alcoholic family to release old feelings repair emotional hurts and learn missing Life Skills Many adult children of alcoholics and survivors of abuse and there are more than 64 million in this country alone continue to repeat their dysfunctional family patterns in failed marriages and relationships or replay abuse in their jobs or have addictions to cover up pain or they allow others to use them or have blind spots so they cannot see their own dysfunctional patterns And some survivors have all of these problems and more *Alternative Healing Beyond Recovery for the Genius* offers comprehensive solutions to many of the issues that survivors face First the book gives the reader the Raiguel Life Skills Inventory one hundred research based items that clearly state the issues Taking the quiz can be very helpful articulating the issues that have been in the background but unspoken for years Some of those Life Skills are Building Trust Being in the Body Expressing Emotions Having Fun Expressing Needs Managing Anger Appropriately Managing Your Addictions Overcoming Blinds Spots Not Overhelping Not Being Perfect Not Being Used Setting Goals and Managing Money Raiguel also includes many guided visualizations as well as other alternative techniques she has used for years in her clinical practice with clients that are powerful and effective for healing the past Raiguel also explains Life Skills exercises that the reader can do to strengthen those skills _____ This book is a powerful tool whether used as a companion to therapy or by individual survivors of abuse Dr John J Kohut Psychiatrist _____ Raiguel tells stories of Life Skills graduates who have changed their patterns learned missing skills and reinvented their abusive pasts and are living abusive free lives She began her Life Skills work in New York City thirty years ago with a small group Those survivors were the first Life Skills class lasting six months The positive results in participants lives were so impressive that she began training other professionals including New York City Child Protective Service workers Texas Parents Anonymous and No to Abuse in rural Nevada Because the Life Skills curriculum is so simple not only professionals but paraprofessionals have learned her work and are teaching it to their clients and groups Written in a warm friendly yet professional manner Raiguel outlines her techniques so survivors can heal and teach themselves or counselors can use her book as a companion to therapy The book is a stand alone curriculum for leading Life Skills groups or working with individuals All these elements make *Alternative Healing Beyond Recovery for the Genius* a crucial part of anyone s recovery

Healing Lyme Beyond Antibiotics Isabella S. Oehry, 2019-12-16 *HEALING LYME BEYOND ANTIBIOTICS* Lyme disease is now the most common tick borne disease in

Europe Asia and the United States according to the CDC each year in the US alone there are an estimated 300 000 cases of Lyme disease As researchers work to find ways to combat *Borrelia burgdorferi* and other bacteria known to cause Lyme disease practitioners of allopathic medicine currently have few options beyond antibiotics to offer patients After becoming very ill with Lyme disease unsuccessful treatments with antibiotics left Isa extremely weak exhausted unable to think clearly or function normally A chance remark by her niece about a natural remedy inspired Isa to investigate alternative healing methods After an extensive search she found the treatment she needed and recovered fully *Healing Lyme Beyond Antibiotics* tells the story of Isa s successful recovery but is more than a guide on how to cure oneself from Lyme disease by natural means It also informs the reader about the bacteria that cause the illness offers detailed information about bacterial hosts and reservoirs and gives advice on how to protect oneself from getting infected a must read book for everyone afflicted with Lyme disease *Journal of Hygeio-therapy* ,1888 *Beyond Anorexia* Catherine Garrett,1998-10-13 A sociological

exploration of eating disorders and the first book to focus exclusively on recovery **His Substitute Bride: Love at First Cure (Part I)** Sophie, A car accident left Dawson Mercer blind For their true heiress happiness the Turners forced their adopted daughter Lorraine to marry him in her sister s place Rumored had it that she was unremarkable and illiterate But three days in she cured his blindness Soon she won his heart built a renowned clinic and became so sought after that even her husband had to book an appointment just to see her **Romanticism, Medicine and the Natural Supernatural** Gavin Budge,2012-10-17 This fascinating interdisciplinary study examines the relationship between literary interest in visionary kinds of experience and medical ideas about hallucination and the nerves in the first half of the nineteenth century focusing on canonical Romantic authors the work of women writers influenced by Romanticism and visual culture

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