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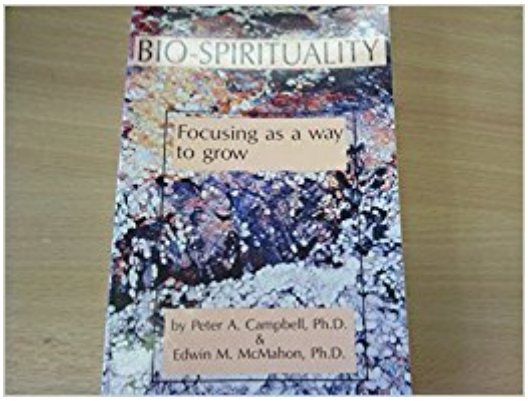
Bio-Spirituality: Focusing As A Way To Grow



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Synopsis

This book provides a simple, step-by-step process to develop a mental and physical availability to whatever is real inside us--the heart of healthy spirituality. --This text refers to an alternate Paperback edition.

Book Information

Paperback: 159 pages

Publisher: Loyola Pr; Clean Contents edition (April 1985)

Language: English

ISBN-10: 0829404783

ISBN-13: 978-0829404784

Product Dimensions: 0.5 x 5.2 x 8.8 inches

Shipping Weight: 9.6 ounces

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Customer Reviews

Frs. Drs. McMahon & Campbell write, in their "Introduction": "There is an awareness within our bodies that leads beyond ourselves. A bio-consciousness. Bio-presence. It does not confine us to what we can figure out and control with our minds, but it turns, instead, toward an openness within bodily knowing.""...each of us is an integral living cell within the evolution of some Larger Body Process. The maturation of this awareness, however, does not occur by reason of what we do, but by virtue of a wholeness we allow to break through inside ourselves.... It is not so much thinking as resonance. The tuning fork of evolution strikes an inviting chord within the organicity of ourselves."Quite the statement, eh? And they go further, providing practical, learnable steps - based on Focusing, a psychotherapeutic, healing process discovered & made teachable by Eugene Gendlin. [...]This is a beautiful & powerful book, filled with breath-taking quotes & memorable, heart-warming stories, as well as practical "how to" details on many levels. "Bio-Spirituality", now continuously in print for almost 25 years, is one of the four classic "learn how to Focus" books.[...]and, with Barbara McGavin, her two volume "The Focusing Student’s and Companion’s Manual"[...]Disclosure: I learned Focusing, first, on my own from Gene’s book in 1981. In 1983, my

wife & I became trainers in his workshops. In 1984, we became trainers in Ed & Pete's workshops. We're friends of Ann's, and contribute to her newsletter, "The Focusing Connection", which is *the* way to keep track of new Focusing developments. This past year, I was an invited contributor to the 30th anniversary edition of the Focusing journal, "Folio".

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