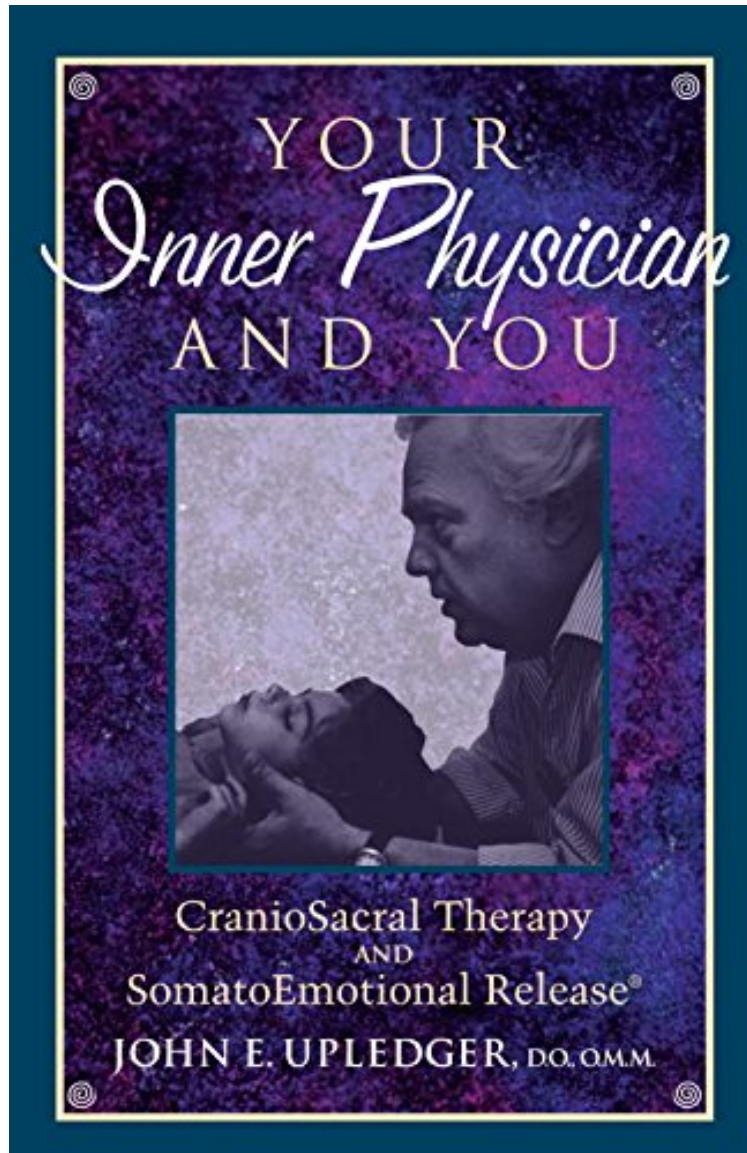


## Your Inner Physician and You: Craniosacral Therapy and Somatoemotional Release

*John E. Upledger*

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**John E. Upledger : Your Inner Physician and You: Craniosacral Therapy and Somatoemotional Release** before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Inner Physician and You: Craniosacral Therapy and Somatoemotional Release:

0 of 0 people found the following review helpful. Excellent Introduction to Craniosacral Therapy By Emma M This book describes Dr. Upledger's personal experiences as he learned about osteopathy and craniosacral therapy. It is clearly written and easy to read. The style is engaging. It is written for the average person who is interested in the healing arts. You do not need to be a medical professional to understand or employ the strategies described by Dr. Upledger. The book includes a bibliography of additional references as well as a list of resources that may be of interest to readers. 0 of 0 people found the following review helpful. ... an outstanding book and the information it provides is amazing!! I have actually experienced some of the ... By Joy C. This is an outstanding book and the information it provides is amazing!! I have actually experienced some of the techniques thru my therapeutic massage professional and they have helped me immensely!!! 0 of 0 people found the following review helpful. If you're curious about cranial work, this is a great place to start. From the horse's mouth! By Discriminating Buyer Easy reading, lots of good, easy to understand information on a variety of CST topics. This is a great book for practitioners, and anyone else interested in learning more about this somewhat mysterious practice. Cranial sacral therapy works! I have had great results both giving and receiving this therapy. It worked better than deep tissue work on my ancient rotator cuff injury, and was certainly much more pleasant and relaxing than deep tissue work ever dreamed of being!

This lively book describes the discovery and therapeutic value of the craniosacral system in easy, understandable terms healthcare professionals and laypeople alike can understand. Dr. Upledger's colorful case histories explain the path that led to his discovery of this exciting medical modality. The book contains a play-by-play account of the development of CranioSacral Therapy, SomatoEmotional Release, and other concepts and techniques. It's recommended reading for therapists, patients, caregivers, and anyone interested in understanding how therapy performed on the craniosacral system can improve the quality of life.

From the Back Cover Using a light touch generally no greater than the weight of a nickel, practitioners today use CranioSacral Therapy to improve the functioning of the central nervous system, eliminate the negative effects of stress, strengthen resistance to disease, and enhance overall health. The results? You'll read about some of them here - from folks like a two-time Olympic bronze medalist whose vertigo threatened to cut short her platform-diving career, to a young boy who simply wanted to walk. You'll also explore an innovative therapy called Somato-Emotional Release. It helps rid the mind and body of the residual effects of trauma and negative emotional experiences. About the Author Dr. John E. Upledger is President of The Upledger Institute, Inc. Dedicated to the natural enhancement of health, the Institute is recognized worldwide for its groundbreaking continuing-education programs, clinical research and therapeutic services. He is the author of CranioSacral Therapy; CranioSacral Therapy II - Beyond The Dura; SomatoEmotional Release and Beyond; Your Inner Physician and You; A Brain is Born; and CranioSacral Therapy, Touchstone for Natural Healing.