



## Handbook of Integrative Sciences: Evolution, Adaptation and Physiology: Effective Tools and Techniques - In a Practical and Modular Approach - To Restore Physical and Mental Health (Paperback)

By Fabio Sinibaldi

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Stress, anxiety, traumatic events and psychosomatic problems are complex phenomena. Modern research has well defined the causes and processes at the base of these situations and has highlighted how -now- these mechanisms affect everyone, also with regard to everyday problems. Integrative Sciences represent a theoretical and practical reference scheme, essential for professionals in the care, change and development industry, and they are always evolving and full of stimulations and interconnections. This manual clearly explains the processes that mind and body trigger to adapt to the environment and develop new skills from a scientific, integrated and multi-disciplinary perspective. It describes the possible blocking or dysfunctional factors, dividing them in application spheres and presenting practical indications, models and strategies to adopt to favor physiological and evolutionary modes. Body, mind and brain are considered as a whole, characterized by dynamic relationships that -once understood- can clarify and amplify the possibility to act on complex and connected phenomena like relationships, thoughts, motivation, thrust, energy, emotions, power, bodily mastery and communication. I found in this text the perfect combination of practice and theory: scientific references coming from...



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