



Drawing from the Heart: A Seven-Week Program to Heal Emotional Pain and Loss through Expressive Art

Barbara Ganim

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When the pain caused by difficult or unexpected life-changing experiences goes unexpressed and unreleased, it can unravel the fabric of your life. Where talk therapy fails to remedy the situation, expressive art proves successful. Breakthrough split-brain research tells us that imagery is our primary form of communication. Using an image to express a painful emotion allows us to see it in a way that is inaccessible through words, making us better equipped to transform a negative emotional reaction into a positive life experience. In this beautifully designed book, Barbara Ganim shows us how to use imagery to identify what we are really feeling, rather than what we think we feel. Says Ganim, "When you draw an image of what an emotion feels like, you can finally separate what your verbal thoughts are telling you from what your body's actually experiencing." She then explains how to deal with those feelings. With colorful drawings and quotes from students in her workshops, she demonstrates how others have used the drawing from the heart process to express and heal their pain.

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Rachel Glidewell:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their leisure time with their family, or their friends. Usually they carrying out activity like watching television, gonna beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? May be reading a book can be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the book untitled Drawing from the Heart: A Seven-Week Program to Heal Emotional Pain and Loss through Expressive Art can be very good book to read. May be it may be best activity to you.

Matthew Simons:

This Drawing from the Heart: A Seven-Week Program to Heal Emotional Pain and Loss through Expressive Art is great reserve for you because the content and that is full of information for you who else always deal with world and also have to make decision every minute. This particular book reveal it info accurately using great plan word or we can say no rambling sentences inside. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but tough core information with wonderful delivering sentences. Having Drawing from the Heart: A Seven-Week Program to Heal Emotional Pain and Loss through Expressive Art in your hand like having the world in your arm, facts in it is not ridiculous just one. We can say that no e-book that offer you world within ten or fifteen second right but this guide already do that. So , it is good reading book. Hey there Mr. and Mrs. occupied do you still doubt which?

Gail Nugent:

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