

Returning to health by way of bodily attentiveness



Dr. Isa Grüber
What the Body Has to Say
[Was der Körper zu sagen hat]
Holistically healthy through attentive sensing

Südwest
272 pages
Format 13,5 x 21,5 cm
September 2013

Isa Grüber, Ph.D., is a natural healer and coach with her own practice. She studied sinology and lived for five years in China. In her work she combines traditional Chinese medicine and modern Western psychology. She also specialises in psychological counseling and coaching using kinesiology, NLP, and tapping acupuncture.

Sleep disorders, high blood pressure, teeth grinding, irritability, and the inability to relax – these are all symptoms of excessive corporeal excitation, the causes of which may be unprocessed traumas.

Dr. Isa Grüber shows how traumas can be healed with the body-oriented method Somatic Experiencing®. Through becoming deeply conscious of sensations in the body, one is able to resolve such traumas, thereby eliminating the sources of psychosomatic conditions.

- Alleviating psychosomatic conditions and eliminating inner stress
- Dissolving unprocessed traumas on the physical level
- With many case examples

Also available:

Kinesiologie – ganzheitlich und sanft [A Holistic and Gentle Approach to Kinesiology], 2012

Sold to: Turkey (Kuraldışı)

Angstfrei in Minuten [Anxiety Free in Minutes], 2007

Praxisbuch Kinesiologie [Handbook Kinesiology], 2004/2007

Kinesiologie [Kinesiology], 2006