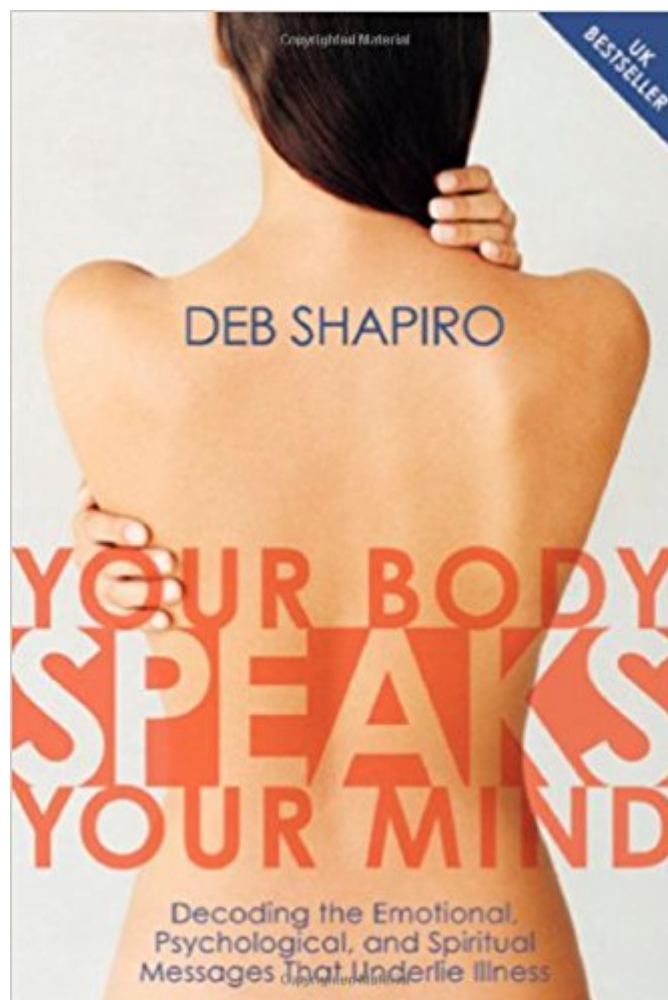




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# Your Body Speaks Your Mind: Decoding The Emotional, Psychological, And Spiritual Messages That Underlie Illness



## Synopsis

We all know how we cry tears when we are sad, or get butterflies in our stomach when we are nervous. These are simple connections between the mind and the body that are easy for us to understand. But what about the bigger issues, when the body gets ill, diseased, or damaged? Now with *Your Body Speaks Your Mind*, Deb Shapiro—author of *The Body Mind Workbook* and *Unconditional Love*—shows you a practical way to learn the language of your body so you can understand how your thoughts and feelings directly affect your physical health. The body shows us what we are unconsciously ignoring, denying, or repressing, she says. With her breakthrough book, readers learn: A system-by-system guide to your body that reveals what it is telling you about yourself; A cross-referenced index of symptomatic illnesses, from headaches to pneumonia, and the emotional imbalances they symbolize; Creative visualization and meditation techniques on CD to enhance your ability to listen to, communicate with, and heal your body, and more. Healing is a continual journey—one of embracing ourselves ever more deeply, explains Deb Shapiro. *Your Body Speaks Your Mind* takes you on that journey, deepening your relationship with your own mind and body. Revised and updated UK bestseller. This product can be shipped within the US and Canada only.

## Book Information

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## Customer Reviews

Debbie Shapiro  
Deb Shapiro has trained extensively in various schools of bodywork, Buddhist meditation, and Jungian psychology in both England and America. She has been teaching both

bodymind therapy and meditation with her husband, Ed Shapiro, for the past 20 years. Their books include The Bodymind Workbook, Meditation: Four Steps to Calmness and Clarity, Voices from the Heart, and Unconditional Love. Deb and Ed Shapiro write the Daily Chillout text messages for Sprint and other cell phones. It's time to make kindness cool, to make compassion a hot topic, to make forgiveness real, and we can do this one day and one message at a time! See: [www.EdandDebShapiro.com](http://www.EdandDebShapiro.com).

I purchased this book in the apothecary of Whole Health Chicago, started reading it, then left it somewhere on my way home, and when I got home I wanted the book so badly that I logged into and repurchased it. If you believe our bodies are machines and if something goes wrong you simply fix or replace the broken part, you will probably not like this book. If, however, you believe that our bodies are responsive to our thoughts, and that our bodies are speaking to us about what we want and need, then this is a useful book. It helped me get very specific around some thoughts I was thinking, I have made changes as a result, and as a result of that I feel better.

I got it in the mail today and within 3 hours bought one for a friend. I was thinking at first that the author stole this idea from Dr. Sarno so I was a bit skeptical when this was recommended to me by someone who I was explaining Dr. Sarno too, but the author gives credit in the back pain section to Dr. Sarno. I believe he should have received a lot more since in his book from the 1980's he references how it's not just about the back and "TMS" can and is most likely the cause of pretty much every injury or illness. But I guess TMS can be looked at a little differently than the way Deb Shapiro explains the reasons for symptoms in her book. And the "coffee table" style of the second half of the book makes it a fun and quick reference guide. I haven't read the whole thing yet but I did read a lot and looked up a lot of symptoms I have and loved ones have and they are all so dead on that it's not even funny. The truth is, I would be dead if it weren't for discovering the mind-body connection a couple years ago. I still have some work to do thanks to the doctors loading me with insane amounts of opiates through my excruciating pain but I went from the depths of hell to a whole new lease on life due to Dr. Sarno, mindfulness training and books like this one. I know I needed to go through what I went through to get here. I would have preferred maybe just a letter in the mail or something, but I wouldn't have paid attention. I needed to get knocked down hard to really know how to get up again. Good job Deb!

This book and related texts on the topic should be required reading for any medical or health

practitioner! Deb Shapiro has been teaching bodymind therapy and meditation with her husband Ed for 25 years. She describes the premise of her book: "By learning the body's language of symptoms, you will soon discover that there is an extraordinarily intimate two-way communication going on that affects both your physical state and your mental and emotional health." Your Body Speaks Your Mind goes on to detail the body parts, some common diseases, disorders, and issues for each body part, and outlines their possible psychological and emotional connections. I appreciated Shapiro's overall acknowledgement about illness in the opening pages. She writes, "Illness is real. Accidents happen. Medicine can help." Shapiro continues, "I am not saying that by understanding the bodymind relationship you will be able to cure all your physical difficulties. What I am saying is that such an understanding adds an essential, and invariably overlooked, component to your healing process." To strengthen and clarify her bodymind concepts, Shapiro cites research studies, quotes medical and psychiatric professionals, and offers countless personal stories. Shapiro presents various avenues of self-study and healing, including mindfulness, meditation, writing and personal dialogue, affirmations, creative visualization, and imagery. I was particularly glad to see pranayama and the chakra system explored as tools for bodymind awareness. Throughout the book, she utilizes these avenues by offering bodymind dialogue questions, exercises, meditation practice ideas, imagery and journaling explorations, and affirmation examples. For instance, Shapiro describes general shoulder pain as meaning "you may be carrying too much [emotional/stress baggage] on your own." To deepen understanding with shoulder pain, she encourages these questions: "Have you been carrying other people's problems for too long? Is there something or someone you need to put down?" A wonderful CD accompanied this book that includes two guided visualization/meditation practices that can assist and encourage the bodymind awareness practice. I highly recommend this book to anyone who is healing something, helping someone heal, or wanting a deeper and more mindful self-understanding. (So I'm pretty sure that is everyone!) For more bodymind resources, check out Deb and Ed Shapiro's website, as well as Ed and Deb's blog at the Huffington Post.

Wonderful book about how your mind affects your body.

This book is a great resource if you believe in mind/body relationships and that you have a lot of control over your physical health by the thoughts you think and the core beliefs you hold dear.

Makes good points about how the way we think affects our body. I know I feel a difference when I

change my perspective in a positive direction. But, you have to believe it, not just think it. I focused way too much on the negative aspects of my life. I realize now that life has ups and downs (obvious, but easily forgotten) and I wasn't willing to accept the downs. Everything had to be perfect, and the more I wanted perfect the more horrible I felt. My health, relationships, and energy level was affected. Now, I remind myself of what went right each day and realize that it was a good day.

The world is awakening slowly to understanding that our bodies are the temple. This 3 Disc/CD is a splendid aid in bringing our awareness and thought to the Oneness of Mind and Body. Debbie Shapiro's gentle and sincere voice makes letting go of old ideas, fears, doubts and worries an easy exercise. She explains clearly and logically how connecting the ideas about body parts and their function, to false beliefs, and how they can either make us sick or help us heal. Anyone who has studied *The Science of Mind* by Ernest Holmes, or who trusts the works of Louise Hay, or who has read any of Bruce Lipton, et al will enjoy this CD also. I continue to benefit from this CD and am so glad I bought it. ~

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