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## Trust Your Senses: Embodied Wisdom for the Modern Age (Paperback)

By Deb Lange

BookPod, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you feel you live in a sea of words swimming around in your head that leads to overwhelm, confusion, anxiety and alienation? Do you seem to repeat the same habits in relationships and attract the same kind of partner, friends or work colleagues, which end up in conflict or withdrawal? Do you think life and work is a very serious business, but sense there is another way that would create more ease, freedom and creativity, but you don't know how? If you are asking any of these questions, this book is for you. This book asks the question whether much of the anxiety, conflict and unhappiness experienced by many people, are a result of the artificial split that is so pervasive across society between thinking and our body. When we live our lives as if we are walking heads without bodies, we alienate ourselves from sensing our aliveness, our peace, creativity and wellbeing. Our brain is a part of our body and our whole body has intelligence. The mind/body split was created when Rene Descartes declared thinking had nothing...



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