



# Come to Your Senses: Demystifying the Mind-Body Connection

*Stanley H. Block, Carolyn Bryant Block*

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In this newly revised edition of the award-winning *Come to Your Senses: Demystifying the Mind-Body Connection*, Dr. Stanley Block offers his Ten-Day Plan to optimize your life -- a breakthrough program that has helped people all over the world heal from post-traumatic stress syndrome, combat trauma, substance abuse, mental illness, pain, and depression.

The easy-to-apply method uses Identity System "resting" techniques that enable you to recognize and defuse the self-defeating mental tug-of-war that exists in all of us. Learn how stress, fear, and thought activate the sympathetic nervous system with increased tension, pain, insomnia, anxiety, and depressive symptoms. By literally "coming to your senses" of taste, touch, smell, sight, and sound, you begin to control negative responses, free yourself from a paralyzed state of mind, and live a happy, balanced life.

The response is amazing because the results are immediate -- ten days is all it takes -- Dr. Block's techniques take no time out of a busy schedule, they are simply incorporated into whatever activity you are engaged. Bridging the Identity System empowers you to work from your own strength and wisdom to deal with situations that arise in your life.

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