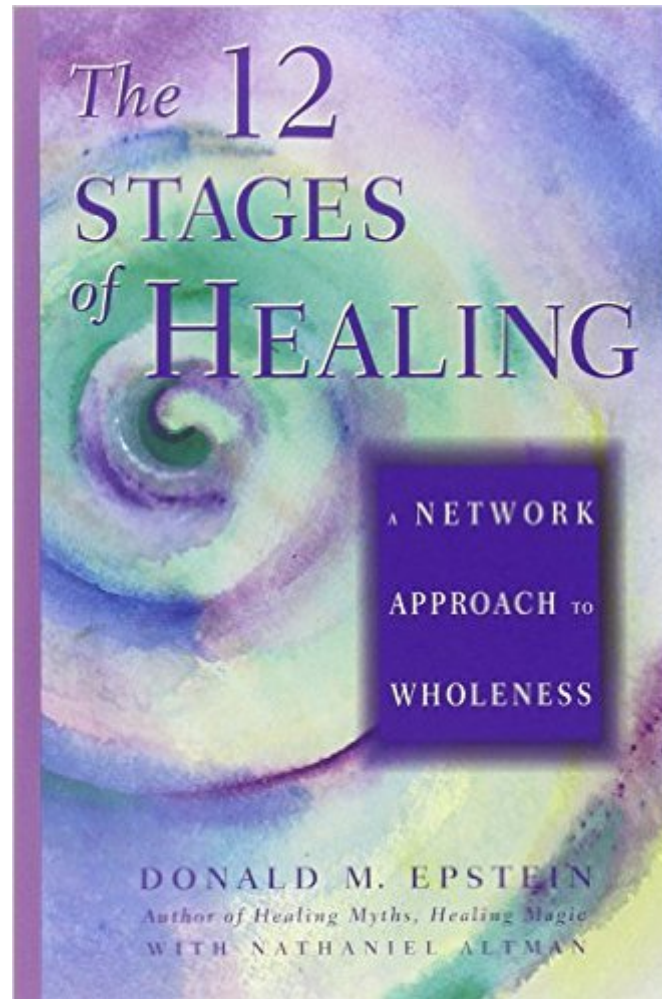


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# The 12 Stages Of Healing: A Network Approach To Wholeness



## Synopsis

An extraordinary New Approach to Healing the Mind and Body!

## Book Information

Paperback: 226 pages

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## Customer Reviews

I have completed over 100 sessions of Donald Epsteins "Network Chiropractic" or "Network Spinal Analysis" - and I can vouch for it. I believe it is unique, as it states, and not only is a process whereby you can overcome your pain, discomfort, and tension (defence physiology), but grow as a person overall. The benefits are without a ceiling to the "bodymind", and it just keeps getting better. It doesn't even compare for example to the theory so highly touted and created by John Sarno (also reviewed) which is essentially learning how to control your pain. Network unwinds your spinal cord -- where all your tension resides, which is also said to be the subconscious mind. THIS BOOK however is ABSTRACT, and if you are prone to getting stuck at all, you will. (I have asked several people who have read it, and they all have this same story.) It describes a process of 12 Stages on your healing journey, and you are in one of them now. If you can find it, great, otherwise, it really becomes confusing, and make no mistake, it is hard to read anyway. I quit after 90 pages, and I never went back -- it was that difficult. HOWEVER, it's ultimate "saving grace" is that there are exercises in it that are invaluable. If you are suffering in your life with pain or whatever, go to the first chapter and follow these diagrams and instructions. Photocopy these pages only, if you don't wish to read the book. They only take a couple of minutes. It is possible to get instant and total relief, especially once you have practiced them awhile. At first -- they can be hard to do and create more

pain! Don't get discouraged.

The 12 Stages of Healing presents a model of healing that allows the reader to be more "OK" with their own healing process. By learning to identify yourself in one of the 12 stages, you begin to see that what is going with you is not necessarily a "problem", but rather part of a larger process. The simple act of identifying the stage you're in and then doing the easy breathing exercise designed to get that particular rhythm flowing is often enough to move you into the next stage. I have seen over and over again the natural accuracy of Dr. Epstein's model: the moving from a sense of helplessness, to the reaching out (or sometimes blaming!), to the perceiving the stuck patterns in myself and on and on. Use this book as a daily guide to life's challenges.

Dr. Epstein has helped thousands of people get a new perspective of health and healing. The 12 stages model provides ideas for a new journey in understanding the healing process without the usual judgement of symptoms as bad or wrong. The book has some very easy exercises at the end of each chapter that can help integrate awareness to the body with breath and attention. A great book for those looking for a the bigger picture of health (from the inside out)

I was amazed by this book! A great holistic approach, yet so practical! I've never read to many books like this! A friend of mine who's a chiropractor, told me this book should be translated in as many languages as possible, for the benefit of the mankind! Just a warning, if the reader is not well accustomed into the spiritual and psychological aspects of the humans, she may find this knowledge kind of impractical! But if you understand that most of the healing power is within you, this is one of the best books on the subject! And if you don't understand this, it will help you with it!

Being a part of the Network Chiropractic community many years ago, and in private practice helping people heal through Chiropractic measures for over 31 years, I would advise caution before getting involved with what is now called NSA and affiliated with this book. Whereas the work in and of it self, separated from the cultish atmosphere centered around it's founder, Dr. Donald Epstein and his devout apostles, certainly has merit, people who are in an emotionally vulnerable state should beware that this is not a panacea. This collective of Chiropractic doctors is replete with distorted ego, megalomania and psychological distress so much to the point where far more doctors have left this cult-like organization than have stayed the course over its 30 year span. Once indoctrinated with NSA, a devout practitioner will ask you to attend a "Transformational Gate," which is a weekend

or so of lectures coupled with NSA work in a group setting; In my humble opinion....stay clear of this misuse of healing energy, least you get sucked into more and more body work and propaganda which is more designed to dazzle you rather than advance you spiritually. To keep this short, there are many many reasons I chose to leave Network and Dr. Epstein's work long ago, but among the highest concern was the talk of creating a sustainable community centered around this work with Dr. Epstein and his followers as the governing body; having visions of him as the next Jim Jones, that was my ticket out. I would advise that if you find this work attractive, participate in it with a practitioner with a clear mind and heart that has several attributes in their healing repertoire. If they speak of the work as the "second coming," get up and do not simply walk out.....RUN !

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