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Psihocardologia constituie o apariție editorială inedită în literatura medicală și psihologică românească, evidențiind o relație legitimă și plină de aplicații practice între cele două specialități. Asocierea reușită între două personalități – profesorii Ioan-Bradu Iamandescu și Crina Julieta Sinescu de la UMF „Carol Davila”, București – a făcut posibilă realizarea acestei lucrări de mare amploare care abordează domeniul psihocardologiei. Profesorul Ioan-Bradu Iamandescu, personalitate a medicinei academice românești, primul profesor de Psihologie medicală și Psihosomatică, s-a remarcat prin contribuții deosebite la statutul psihocardologiei ca o ramură distinctă a psihosomaticii, cu un cadru nosologic bine definit și cunoscut. El se numără printre marile personalități care s-au preocupat de îmbunătățirea învățământului clinic bazat pe o gândire modernă de orientare biopsihosocială în practica medicinei. Prezență binecunoscută în cardiologia din țara noastră, prof. dr. Crina Julieta Sinescu a dovedit deplină înțelegere pentru problematica psihocardologiei, încurajând și participând la realizarea unor cercetări referitoare la etiopatogenia psihosomatică a hipertensiunii arteriale și a bolii cardiace ischemice, desfășurate în clinica pe care o conduce la spitalul „Bagdasar-Arseni”. A oferit numeroase sugestii rezultate din observația clinică psihologilor cu care a elaborat în comun câteva capitole ale acestei cărți. Lucrarea se adresează în primul rând psihologilor clinicieni și corpului medical – în special cardiologilor, interniştilor și medicilor de familie – dar și publicului larg, care cuprinde un mare număr de bolnavi cardiaci, inclusiv aceia „în devenire”, ce ar putea beneficia de cunoștințele desprinse din paginile cărții spre a preveni sau încetini instalarea unei boli cardiace.

Getting at client issues by focusing on the process of symptom formation rather than on the details of the problem. In Process-Oriented Hypnosis, internationally recognized psychologist Michael D. Yapko provides clinicians with a new framework for utilizing hypnosis with clients. Yapko encourages clinicians to take a broader perspective, in which patterns rather than individual symptoms are the emphasis of therapy. He offers numerous insights into ways clinicians can hone in on the process of how people come to suffer various types of emotional distress. Beyond these insights, Process-Oriented Hypnosis provides highly practical information and specific examples for integrating this innovative perspective into clinical work. The key patterns of human experience are central to the first section of the book, providing a sound conceptual foundation and a wide range of examples. In the second section, Yapko provides ten richly structured hypnosis session transcripts for clinicians to insightfully adapt to their clients' needs. Process-Oriented Hypnosis offers clinicians a fresh perspective for working with clients that can be integrated into many different treatment models.

Mind/body interactions have only in recent years become the subject of rigorous scientific enquiry, witnessing major advances in our understanding of the stress process, the endocrine and immune systems, and the methodologies used to investigate these phenomena. As a result, we have witnessed an explosion of research activity in the field of psychoneuroimmunology - the study of psychological processes and their interaction with the nervous and immune systems. This title presents an account of the human evidence in this field.

Anxiety, meltdowns and emotional regulation can be hugely challenging for autistic people. This book is full of proactive strategies for understanding, accepting and respecting the processing differences in autism. It contains tools for reducing sensory, social and mental drain, and offers strategies to protect from ongoing stress and anxiety. These help minimize shutdowns and burnout, while maximizing self-esteem, autistic identity and mental health. Learn strategies for matching environmental demands to the person's processing needs, how to support vulnerabilities, and how to prevent and manage meltdowns while protecting the identify and self-esteem of the individual with autism.

Learn the latest details and most recent groundbreaking discoveries that reveal, for the first time, the mystery of life in the spirit world after death on Earth?proof that our consciousness survives?in Journey of Souls by Michael Newton, Ph.D. Using a special hypnosis technique to reach the hidden memories of subjects, Dr. Newton discovered some amazing insights into what happens to us between lives. Journey of Souls is the record of 29 people who recalled their experiences between physical deaths. Through their extraordinary stories, you will learn specifics about: ·How it feels to die ·What you see and feel right after death ·The truth about "spiritual guides" ·What happens to "disturbed" souls ·Why you are assigned to certain soul groups in the spirit world and what you do there · How you choose another body to return to Earth ·The different levels of souls: beginning, intermediate, and advanced ·When and where you first learn to recognize soulmates on Earth ·The purpose of life Journey of Souls is a graphic record or "travel log" by these people of what happens between lives on Earth. They give specific details as they movingly describe their astounding experiences. After reading Journey of Souls, you will gain a better understanding of the immortality of the human soul. You will meet day-to-day challenges with a greater sense of purpose. You will begin to understand the reasons behind events in your own life. Journey of Souls is a life-changing book. Already, over 165,000 people have taken Journey of Souls to heart, giving them hope in trying times. You should read a copy, too.

The Romanian Revolution of 1989 was the most spectacularly violent and remains today the most controversial of all the East European upheavals of that year. Despite (or perhaps because of) the media attention the revolution received, it remains shrouded in mystery. How did the seemingly impregnable Ceausescu regime come to be toppled so swiftly and how did Ion Iliescu and the National Salvation Front come to power? Was it by coup d'état? Who were the mysterious terrorists who wreaked such havoc on the streets of Bucharest and the other major cities of Romania? Were they members of the notorious securitate? What was the role of the Soviet Union?Blending narrative with analysis, Peter Siani-Davies seeks to answer these and other questions while placing the events and their immediate aftermath within a wider context. Based on fieldwork conducted in Romania and drawing heavily on Romanian sources, including television and radio transcripts, official documents, newspaper reports, and interviews, this book is the most thorough study of the Romanian Revolution that has appeared in English or any other major European language.Recognizing that a definitive history of these events may be impossible, Siani-Davies focuses on the ways in which participants interpreted the events according to particular scripts and myths of revolution rooted in the Romanian historical experience. In the process the author sheds light on the ways in which history and the conflicting retellings of the 1989 events are put to political use in the transitional societies of Eastern Europe.

Our health as a nation is declining. In addition, it is becoming increasingly clear that allopathic medicine has come to a plateau in its efforts to stem the tide of degenerative disease. As a result, mind-body medicine is a very big topic for the new millennium. You the Healer offers a guide that can help you and your loved ones to live a healthy, disease-free life. Based on the most successful mind development program in the world today, You the Healer offers a complete course in Silva Method healing techniques in a do-it-yourself, forty-day format. By reading one chapter a day and doing the indicated exercises, you can be firmly on the path to wellness in just six weeks.