

# RAPID RECOVERY:

ACCELERATED INFORMATION PROCESSING & HEALING



STEPHEN P. KING

# Rapid Recovery Accelerated Information Processing Healing

**American Medical Association** 

# **Rapid Recovery Accelerated Information Processing Healing:**

**Rapid Recovery** Stephen P. King, 2006-12-13 It only took eight years in the making but I have finally completed my book on a variety of rapid recovery and healing techniques that I use in my counselling practice and with athletes Many workshop attendees had asked that I put these techniques in an easy to follow format with an explanation as to why certain things work the way they do I believe I have now achieved that goal These methods are helpful for maximising mind body maintenance by clearing fears phobias addictions obsessions compulsions traumas and all forms of self sabotage They can help optimize all aspects of our lives and open us to the fullness of life s possibilities Running in the Zone Steve King, Dan Cumming, 2006-09-01 Twenty six runners ranging in age from 46 to 76 share their secrets motivations and experiences in the fields of running All are active runners and many presently hold world age class records Some have held world records and have achieved world level performances at the Olympics Commonwealth and European games But Running in the Zone isnt about super achievement it is about getting the most out the running experience regardless of age or even ability This book is for anyone interested in running and running related sports whether they are elite age class runners wanting to keep up performances or newcomers considering taking up running in their middle or even advanced years Many of the contributors didnt start running until they were over 40 and some didnt achieve their best personal performances until they were in their 50s You will meet men and women who have a life long interest in running as well as those who took it up as personal challenges All are inspiring in one way or another and have something valuable to teach not necessarily about running per se but rather personal satisfaction giving back through voluntarism and commitment to a goal or purpose The book was the idea of editors Steve King and Dan Cumming and has come together through Steves contacts in the world of running and Dans love of running and editorial ability to pull the best out of a story Both Steve and Dan have a long term relationship with the sport They both perceived that a growing number of older runners are involved in the running and that Running in the Zone would answer many of the needs of this group of active men and women helping them to get the best out of one of the most fundamental of athletic endeavors For more information visit authors blog www runninginthezone ca Midnight Katy Hutchison, 2006 Katy Hutchison waited five years to confront her husband s killer and when she finally got her chance she forgave him This gripping page turner tells the story of Hutchison's remarkable journey out of tragedy and into forgiveness redemption and hope Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition Francine Shapiro, 2017-12-29 Originally developed for treatment of posttraumatic stress disorder PTSD this evidence based approach is now also used to treat adults and children with complex trauma anxiety disorders depression addictive behavior problems and other clinical problems EMDR originator Francine Shapiro reviews the therapy s theoretical and empirical underpinnings details the eight phases of treatment and provides training materials and resources Vivid vignettes transcripts and reproducible forms are included Amazon com **Medical News and Abstract** ,1883 Psychiatry Digest ,1970

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