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# FOCUSING



"A superb manual  
for self-managed therapy...  
a tool beyond price."

—*Brain/Mind Bulletin*

EUGENE T. GENDLIN, PH.D.

# Resumo de Focusing

"An original, innovative, exciting book."--Carl Rogers, Ph.D. What is focusing? Based on research at the University of Chicago, focusing is a new technique of self therapy that teaches you to identify and change the way your personal problems concretely exist in your body.

"Focusing" consists of steps of felt change. Unlike methods that stress "getting in touch with your feelings, " there is a built-in test: each focusing step, when done correctly, is marked by a physical relief, a profound release of tension.

"Focusing" guides you to the deepest level of awareness within your body. It is on this level, unfamiliar to most people, that unresolved problems actually exist, and only on this level can they change."A superb manual for self-managed therapy.

. .a tool beyond price."-- "Brain-Mind Bulletin"

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