



# Body, Self, and Soul: Sustaining Integration

*D.D.S., PH.D. Jack Lee Rosenberg, PH.D. Marjorie L. Rand, M.A. Diane Asay*

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**Body, Self, and Soul: Sustaining Integration** D.D.S., PH.D. Jack Lee Rosenberg, PH.D. Marjorie L. Rand, M.A. Diane Asay

A wide range of ancient Eastern and modern Western philosophies are connected in this exciting new therapy. Free your bodily tensions and release long-held emotions, enhancing your mental and physical health. Rosenberg's Integrative Body Psychotherapy helps develop both personal and internal growth, focusing on the whole person — the body, mind, emotions and spirit. An integration of various disciplines, this approach is ideal for professionals looking to develop a holistic and integrated philosophy of health. This book helps both professionals and lay readers learn: -The basic tools of Integrative Body Psychotherapy - Segments of the body, and how they work together -The stages in development of the self -The physical/energetic level of sexuality -The intra-psychic level of sexuality -The interpersonal level of sexuality -The transpersonal experience What readers are saying about this book: The authors' broad perspective is a welcome relief from the narrowness of most self-development systems. Body, Self, and Soul is thoughtful, practical, and very well informed. — Michael Murphy, founder of Esalen Institute

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