



Edgework: Exploring the Psychology of Disease

By MD Ronald L. Peters

Blue Dolphin Publishing. Paperback. Book Condition: New. Paperback. 284 pages. Dimensions: 9.0in. x 6.0in. x 0.9in. Edgework provides a concise overview of the research on the mindbody, summarizing the essence of healing at the level of consciousness and guiding readers through the process with detailed exercises that make the concepts a personal reality. The shadow, or unconscious mind, contains all the unfelt fear, anger, sadness and other emotional pain we have experienced since birth. Throughout life, the shadow influences conscious choices in order to set up opportunities for feeling, owning and healing these emotional wounds long before they precipitate into the body. This approach provides a framework for inner healing that encourages use of the suggested techniques day to day, either to help in the treatment of an illness or to prevent disease in the first place. Edgework is for everyone who has disease of any kind. It is especially for those who have serious or incurable illness, which can be a most powerful motivation to heal at the deeper, formative level of consciousness. Working on the edge is risky business, but the greatest adventure is self-discovery and the integration of mind, body and Spirit. Once you have chosen your genes...



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Reviews

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