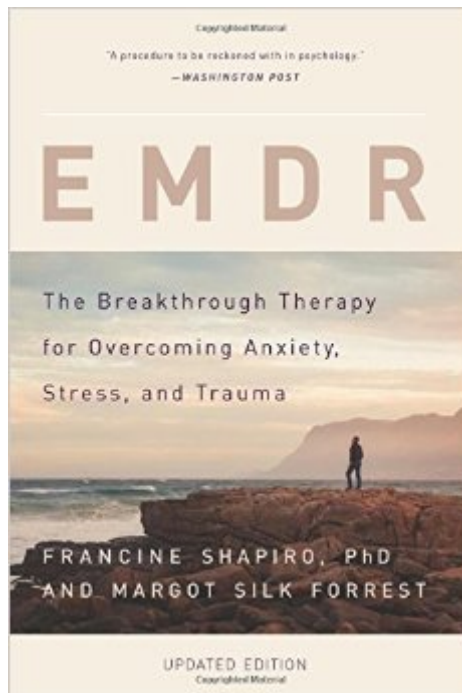


The book was found

# EMDR: The Breakthrough Therapy For Overcoming Anxiety, Stress, And Trauma



## Synopsis

When EMDR was first published in 1997, it was hailed as the most important method to emerge in psychotherapy in decades. In the twenty years since, Eye Movement Desensitization and Reprocessing (EMDR) therapy has successfully treated psychological problems for millions of sufferers worldwide. In this updated edition, Francine Shapiro offers a new introduction that presents the latest applications of this remarkable therapy, as well as new scientific data demonstrating its efficacy. Drawing on the experiences of thousands of clinicians as well as a vast research literature on depression, addiction, PTSD, and other disorders, she explains how life experiences are physically stored in our brains, making us feel and act in harmful ways, and how EMDR therapy can bring relief, often in a remarkably short period of time. Applicable to survivors of trauma as well as people suffering from phobias and other experience-based disorders, EMDR is essential reading for anyone who seeks to understand why we hurt, how we heal, and how we get better.

## Book Information

Paperback: 384 pages

Publisher: Basic Books; Updated edition (September 13, 2016)

Language: English

ISBN-10: 0465096743

ISBN-13: 978-0465096749

Product Dimensions: 5.5 x 1 x 8.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #68,906 in Books (See Top 100 in Books) #73 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #107 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #159 in Books > Medical Books > Psychology > Psychotherapy, TA & NLP

[Download to continue reading...](#)

EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma  
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)  
Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks)  
Art Therapy and Music Therapy

Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books)

Trauma-Attachment Tangle: Modifying EMDR to Help Children Resolve Trauma and Develop Loving Relationships

Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment)

Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers )

EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment, and Dissociation

Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy

Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety

Self-Administered EMDR Therapy: Freedom from Anxiety, Anger and Depression

Trypophobia: Real, Terrifying and you defenetely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed)

Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126)

Adrenaline and Stress: The Exciting New Breakthrough That Helps You Overcome Stress Damage

Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence

Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today)

Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)

Holistic Relaxation: Erase Anxiety!: Effective Natural Therapies, Stress Management Techniques, Holistic Remedies and Wellness Coaching for Busy People (Anxiety, Mindfulness, Yoga, Relaxation Book 1)

Homeopathic Guide to Stress: Safe and Effective Natural Way to Alleviate Physical and Emotional Stress

Anxiety, Guilt, Shame, Depression, Loss, Illness and Injury, Negative Effect

Cognitive Behavioral Therapy : A Comprehensive Guide For Defeating Depression, Overcoming Anxiety, & Eliminate Negative Thoughts

[Dmca](#)