

MIND-BODY WORKBOOK FOR PTSD

A 10-Week Program for Healing After Trauma

STANLEY H. BLOCK, M.D. & CAROLYN BRYANT BLOCK

A note from the Authors

Mind-Body Bridging is a unique method of healing that represents a new paradigm in mind/body medicine. Having withstood the rigors of intense clinical trials and surpassing all expectations, *Mind-Body Bridging* opens the door to a wellspring of healing that few people discover, yet is available to everyone.

Mind-Body Bridging regulates what brain researchers call the Default Mode Network and activates the Executive Network, the healthiest and most productive state of brain functioning. When the Executive Network is active, our mind and body heal as efficiently and quickly as is possible and we experience our inner source of healing, goodness, power and wisdom. We call this natural functioning.

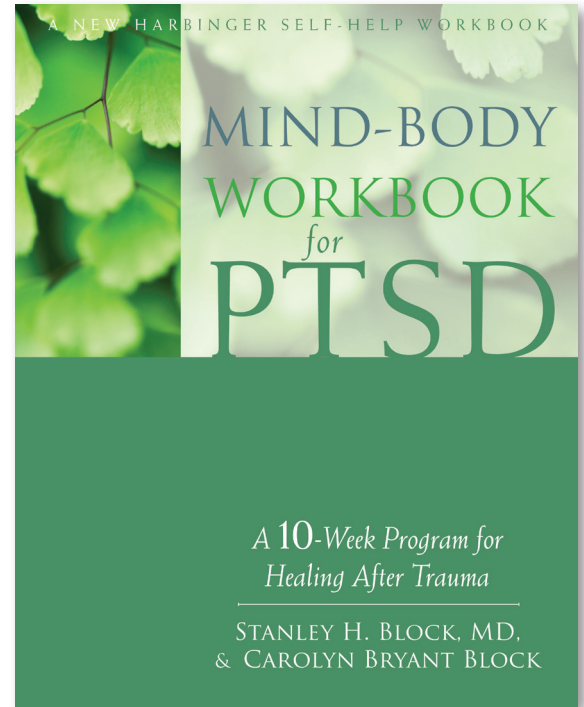
In a state of natural functioning, we feel connected to ourselves, others, the environment and our inner source of wellness. We feel confident, grounded and equipped to handle any situation we encounter without anxiety, worry, inner conflict, helplessness or any other debilitating state. Our mind is clear and our body is relaxed and responsive. Natural functioning is our optimal state in every context of life.

Mind-body bridging uses both the mind and body to build a bridge from a condition of impaired healing to a state of self-healing.

The new evidence-based ***Mind-Body***

Workbook for PTSD offers a 10-week program employing mind-body bridging, a groundbreaking treatment method proven effective with PTSD patients.

Through the course of the program, the ***Mind-Body Workbook for PTSD*** helps readers train their minds to focus on their bodies without distraction, cultivating mindfulness in order to short-circuit the painful memories and symptoms of PTSD. Each chapter provides the reader with tools that are easy to apply in daily life in order to alleviate symptoms and accelerate the healing process.



**FOR MORE INFORMATION, CONTACT
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Stanley H. Block, M.D. & Carolyn Bryant Block

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Praise

“While on active duty at the Bamberg U.S. Army Base in Germany, I saw hundreds of soldiers returning from Iraq and Afghanistan with combat and operational stress reaction (COSR). In my professional opinion, the mind-body bridging technique featured in the **Mind-Body PTSD Workbook** is the single most effective method for the treatment of COSR and PTSD.”

— Major Philip Davis, Ph.D.,
United States Army Reserve

“I just want to say that without the tools of Mind-Body Bridging, I would be dead. I have learned how to cope with anything that is put in front of me. We all have different struggles in life and none are any less than the other. I swear by the techniques of bridging. It brought me to my senses. Not only has it saved my life but made it better than it was before I was deployed. I would recommend the **Mind-Body PTSD Workbook** for anyone no matter what your life is like today. It only makes it better.”

— Kip Day, Utah National Guard

About the Authors



Stanley Block, M.D., is Adjunct Professor of Law and Psychiatry at Seattle University School of Law, Adjunct Professor of Psychiatry at the University of Utah School of Medicine and a board-certified psychiatrist and psychoanalyst. Over the past 50 years he has seen thousands of civilian and active duty service personnel suffering from trauma and has personally cared for veterans of wars and conflicts from World War I to the present. His mind-body bridging techniques are ushering in a new generation of evidence-based treatment for PTSD that uses the body to heal the mind. He lectures and consults with treatment centers worldwide, and he is the coauthor of the award winning book *Come to Your Senses: Demystifying the Mind-Body Connection*.

Carolyn Bryant Block is the co-author of *Bridging the I-System: Unifying Spirituality and Behavior* and the award winning book, *Come to Your Senses: Demystifying the Mind-Body Connection*. She is also co-developer of the Identity System (I-System) theory and technique.



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