

Getting Past Your Past: Take Control of Your Life With Self-Help Techniques from EMDR Therapy



Whether weve experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or dont fully understand. Getting Past Your Past offers practical procedures that demystify the human condition and empower listeners looking to achieve real change. Francine Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing, and acting in ways that dont serve us. Through detailed examples and exercises, listeners will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, listeners will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations, and excel in ways taught to Olympic athletes, successful executives, and performers. An easy conversational style, humor, and fascinating real life stories make it simple to understand the brain science behind why we get stuck in various ways and what we can about it.

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