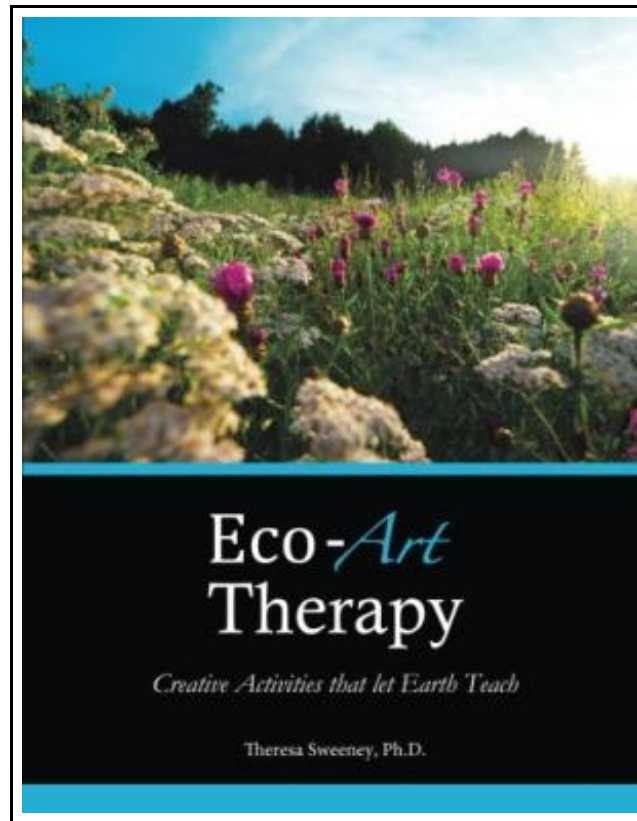


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Theresa Sweeney, Ph.D. Paperback. Book Condition: New. Paperback. 150 pages. Dimensions: 10.9in. x 8.4in. x 0.4in. Take this fabulous journey home - discover who you really are. Rarely do you come across a book that changes you forever. This is one of those very special texts. Far more than a self-help book, Eco-Art Therapy - Creative Activities that let Earth Teach is a self-help lifestyle. The search to find ourselves can be a frustrating one. Many of us run in circles trying to find meaning in a world that often times seems all wrong. We try in vain to manage the symptoms of our troubles, but fail to understand the real problem. As this inspired book explains, the root of much of our discontent is the unreasonable difference between the way we learn to think and how nature works. Though people are part of nature and we inherit a love and respect for its purity, beauty, and perfection, we grow up in a society detached from its eons of sensory intelligence; we seldom include natures genius in our daily lives and thinking. To our great loss most of us are out of touch and out of synch with the regenerative and balancing ways of the Earth. This makes us strangers to ourselves. Tragically, weve lost sight of who we really are. If youve ever spent time in a natural area or with a pet you know the power of nature to heal. Dr. Sweeneys revolutionary art and nature-centered learning process gives you the means to anchor that feel-good aliveness so it doesnt fade when you return indoors. The engaging and practical Eco-Art activities she presents in this manual use art as a bridge between your innate, but suppressed natural intelligence and your conscious awareness. These simple, but powerful, paradigm-shifting exercises help...



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