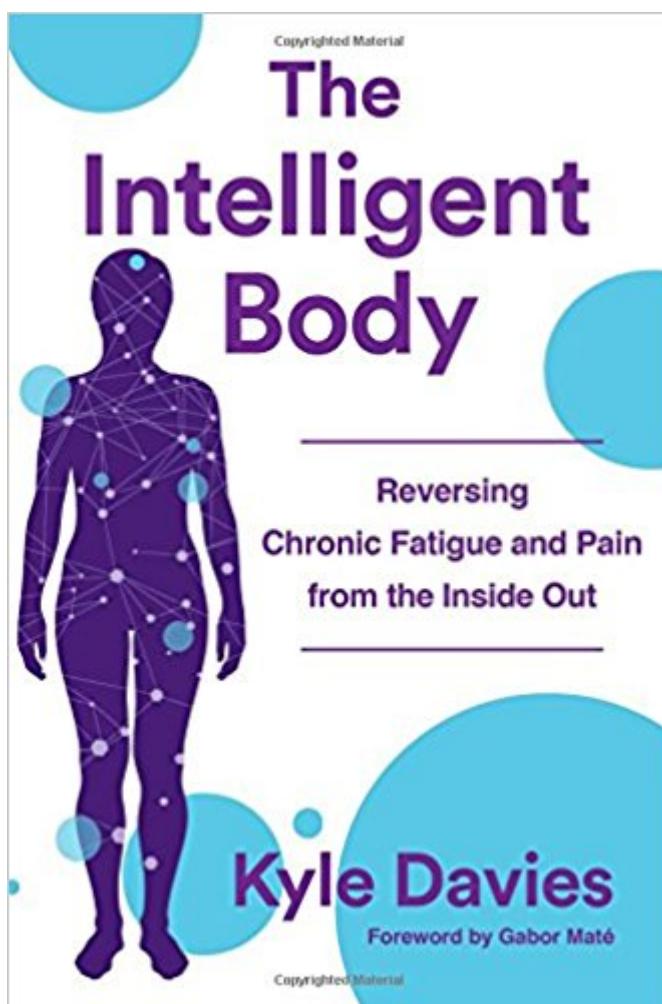


The book was found

The Intelligent Body: Reversing Chronic Fatigue And Pain From The Inside Out



Synopsis

Exercises and strategies for long-term emotional well-being in the face of physical difficulties. Why are we seeing growing numbers of people suffering from debilitating chronic symptoms of pain, fatigue, inflammation and cognitive impairment that medicine is failing to resolve? A new paradigm is needed where we understand the mind and body as an interconnected flowing system. This paradigm embraces the self-healing, self-correcting, and self-creating natures of our connected mind-body system. Physical symptoms are simply a sign of disharmony and energetic imbalance, a “tap on the shoulder” from our intelligent body that is trying to get our attention. This “tap” on the shoulder can become debilitating symptoms over time. When we pay attention, and understand this communication, we can take the steps to facilitate our own self-healing. This book explains the origins of chronic symptoms and outlines the road to recovery. Readers are offered life-changing principles and practices to regain harmony in their lives and bodies, whether they suffer from chronic fatigue syndrome, fibromyalgia, adrenal fatigue, trauma, depression, or anxiety. It explains how we can learn to heal ourselves from the inside out by reconceptualizing the relationships among our bodies, minds, and emotions, embracing the full importance of the mind-body connection, and tapping our natural restorative capacities. Here, readers will find ways to maximize the connections between optimum health, peace of mind, and fulfilling life experiences, all emerging when we are aligned with our “true self.”

Book Information

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Customer Reviews

“This can-do guide offers good advice and insights that can help everyone, not only those with chronic fatigue and pain, be ‘active players’ who bring passion and purpose to their own ‘game of life.’ . . . Davies presents empowering ways for people to focus on what they can change and, in the process, to keep their personal ‘stress buckets’ from overflowing.”

Booklist “Chronic symptoms almost always have some roots that remain undiscovered despite conventional medical intervention. Wouldn’t it be nice to know to what degree your symptoms are tied to these roots? Kyle Davies provides experience-based guidance which may well become the catalyst for your healing process.” Robert C. Bornstein, DO, author of *Stressed In* “The Intelligent Body” shines new light on the nature of emotions and their intimate relationship with health and well-being. Kyle Davies gives a convincing assessment of the relationship between our health and our emotions. For anyone with conditions such as chronic fatigue syndrome, fibromyalgia, anxiety, and depression, this book is essential reading. It will help you pave the way to recovery, and entertain a fresh perspective on causes as well as solutions.” Francis Teeaney, PhD, CPsychol, author of *Religion, Civil Society, & Peace in Northern Ireland* “Kyle Davies’s ‘Energy-flow’ approach makes an invaluable contribution to the growing critique of the current biomedical paradigm, with a wealth of practical suggestions to help us maximize our potential as human beings (which Davies rightly places at the heart of our sense of well-being). Davies draws freely from his own life experience (and those of his clients) to illustrate how to apply these ideas in everyday life, helping to make this book both deeply insightful and very readable. Thoroughly recommended.” Martin Treacy, PhD, CPsychol, Associate Fellow of the British Psychological Society “This book presents a theory suggesting that alignment with the ‘true self’ is the key to health and well-being. Misalignment causes health problems and ‘Energy-flow’ is the key to recovery. A series of exercises to help achieve realignment with the true self and a state of high consciousness is presented in the second part of the book. Readers will benefit from repeatedly dipping into the book and will move from an intellectual understanding to a deep body appreciation.” Andy Smith, PhD, School of Psychology, Cardiff University

Kyle Davies is a chartered psychologist, therapist, coach, and consultant who lives in Cardiff, Wales.

The Intelligent Body invites us to look at chronic illness and stress from a new and different perspective. Kyle Davies invites us to shift paradigms, from the medical model of illness to the

stress-disease paradigm. Not only does he explain how unconscious stress can wreak havoc on your health, but he offers steps on how to go about healing unconscious stress and the physical illness it causes. This is a must read for all of those suffering from Chronic Fatigue Syndrome, Fibromyalgia, IBS, Chronic Pain, anxiety, and depression... Davies offers a new and fresh perspective on these debilitating illnesses.

An incredibly interesting book which discusses at length the causes of many unexplained illnesses and the importance of understanding emotions, feeling and mental thinking in order to overcome illness and thrive in a world which is becoming more complex. What resonated with me is Kyle's encouragement for the reader to discover or strengthen their understanding of their 'authentic' self. Since reading 'The Intelligent Body' I have found I have been returning to read sections of this book to reinforce particular concepts. Clearly a lot of thought and research has gone into putting this book together. This book is not only for people who are battling poor health and illness but for everyone who wants to maximise their health and happiness. The reward for reading this book could be profound.

This is a very good book to explain how people hold on to trauma and what to do about it. I thought it would be more clinical and research based. However, it still has very valuable information regarding energy and if others are open to that; it's the book for them.

I wish I could give this book a five stars a few times. Kyle's methods will bring you back to your truth and remind you how to be well and safe inside your own skin. It has for me in a way that I have not experienced since childhood. I am recovering from CFS and after 5 years of searching for solutions I feel so fortunate to have found this work.

As a client who overcame adrenal fatigue issues following Kyle Davies' unique approach to overcoming these syndromes, I am so glad to see his methods shared with a wider audience through this excellent book. Looking inward instead of reaching for a pill can be a challenge at first, but once you integrate this approach into your life, you can ward off stress-induced illness whenever it arises. Following Kyle's groundbreaking program, we truly do have the power to heal ourselves! As I head out for a lovely morning run, which I literally could no longer do four years ago due to my serious fatigue, I highly recommend this book.

I was fortunate enough to interview Kyle Davies on my community radio show when he came to America right after The Intelligent Body first launched. Kyle's methodologies alter self-defeating behaviors and thoughts that lead to deleterious health with asking open-ended questions, slowing down, avoiding snap judgments, paying attention to our bodies, learning from the past, letting the story unfold, and setting limits. Quite simply....it's an inside job. One must be willing to do the work to forge a new path. Thankfully Kyle's thoroughly researched and well-crafted book is the perfect companion for the journey.

This book is what we have been waiting for. It serves to wake us all up and finding our core again. The more far removed we are from our core, the more our body begins to send messages as "symptoms" to try and wake us up and find our way back to our true self. Kyle Davies gives us the tools to help us do this and when put into practice and application, health can flourish again. Thank you Kyle for this great book. I'll be using it with all my clients as an adjunct to my flower essence and natural healing practice.

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