

Myriam Brousse

LES MÉMOIRES DU CORPS

Se libérer
de la répétition
des traumatismes



Date : 10/02/2021

Pages : 205

Format cm : 14 x 22

Prix : 18.9

EAN : 9782268104782

Body Memory

Freeing Yourself from Repetitive Trauma

Author: Myriam Brousse

Publisher : Éditions du Rocher

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Psychology - Well-being - Daily life

Freeing yourself from the repetition of family trauma.

In her bestselling book *Your Body Remembers*, Myriam Brousse unveiled the concept of body memory to tens of thousands of readers, explaining how our bodies retain deep-seated pain from childhood or even the prenatal stage, often influenced by the experiences of our parents and ancestors. These unresolved sufferings resurface cyclically as our lives unfold.

Throughout her work, Brousse has demystified the underlying mechanism responsible for these persistent cycles, which often survive self-help therapy and exhaustive analysis. She now introduces a method from her seminars that helps us delve into our problems at the root and break free of vicious cycles, moving beyond mere intellectual understanding to access a deeper bodily comprehension of our life trajectories.

Only this approach can help us liberate ourselves from repetitive patterns and past traumas. We can cease to be victims of fate, instead, consciously charting our own path.
