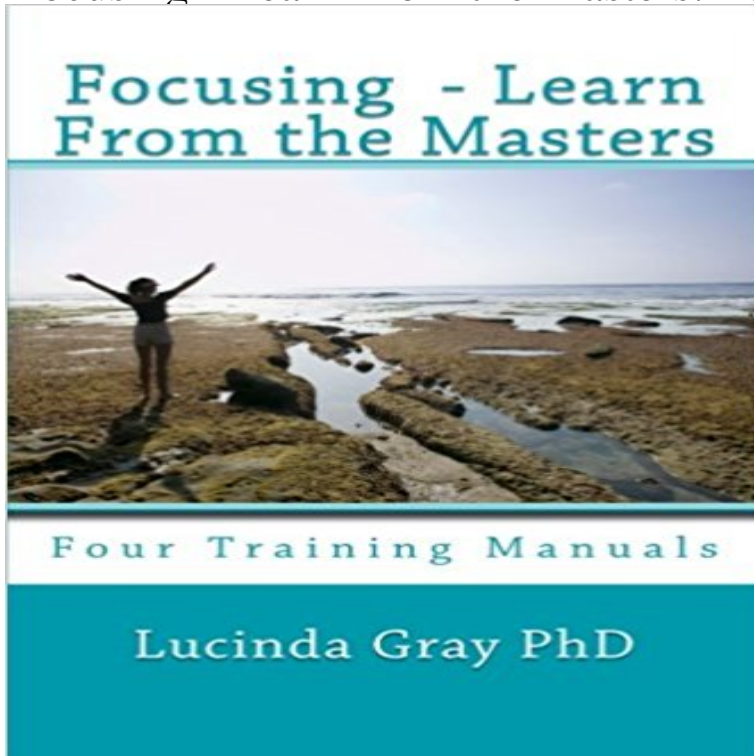


## Focusing - Learn From the Masters: Four Training Manuals



Focusing is for you if you want to connect more deeply with your true Self, reduce anxiety and find a right direction for your life. It brings you directly to the heart of the matter, to that center inside, where you know what you want and what will bring you the greatest happiness. It is a transformational, research based change process; a skill you can learn to do by yourself or with a partner. Focusing is changing lives all over the world; taught in university classrooms and in living rooms in North America, Europe, and countries like Afghanistan, El Salvador and even China. Here is a wonderful collection of articles on Focusing from some of the best and most esteemed teachers. It was put together for teaching Focusing to school teachers, for a special project in Los Angeles. It enhanced their effectiveness in working with students. This book is for you if you are a Focusing teacher. This new edition is offered in response to requests from teachers all over the world. It is a progressively organized series of four manuals you can use to create effective training programs. It is a great reference book that allows your students to experience the differing perspectives of well-known teachers. It also includes short exercises designed to offer the direct experience of Focusing. Lucinda Gray is a Psychologist who has taught Focusing in seminars and in the university setting, and practiced Focusing Oriented Psychotherapy in her clinical work for the past 30 years. Focusing has changed and enriched her life beyond measure. It is the most powerful healing process she has ever come across.

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