



## Integral Health The Path to Human Flourishing

By Elliott S. Dacher

Basic Health Publications. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.8in. x 6.0in. x

0.5in. Everyone agrees that the mindbody connection is a critical component in healing and well-being. But how do you activate that connection Practices like yoga, tai chi, reiki, and various types of meditation relate to and promote that connection, but, in themselves, dont produce the qualitative shift needed for the higher level of extraordinary, integral health. Rather than looking outside ourselves for new remedies, techniques, and programs, Elliott S. Dacher, M. D. , says we have to redirect our vision from outside to inside. To transform health and life we must shift our gaze inward, where we will find the ever-present source of exceptional health and healing. writes Dacher. This book provides the vision and the map that show how to achieve integral health as well as its many fruits. Based on Ken Wilbers integral theory, that path is holistic, evolutionary, intentional, person-centered, and dynamic as it addresses four aspects of human existence—the inner aspects of the psychospiritual and the interpersonal and the outer aspects of the biological and the interpersonal. The seeker learns how to deal with and advance through each of the aspects, do...



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