



# **Body-Centered Psychotherapy: The Hakomi Method : The Integrated Use of Mindfulness, Nonviolence and the Body**

*Ron Kurtz*

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## **Body-Centered Psychotherapy: The Hakomi Method : The Integrated Use of Mindfulness, Nonviolence and the Body** Ron Kurtz

One of the seminal books in the body-centered movement in psychotherapy, the Hakomi Method integrates the use of mindfulness, nonviolence, meditation and holism into a highly original amalgum of therapeutic techniques. Hakomi work incorporates the idea of respect for the wisdom of each individual as a living organic system, organizing matter and energy to maintain its goals, and identity. It is written with clarity, humor and simplicity; sure to inspire and give insight to both therapists and laypersons.

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