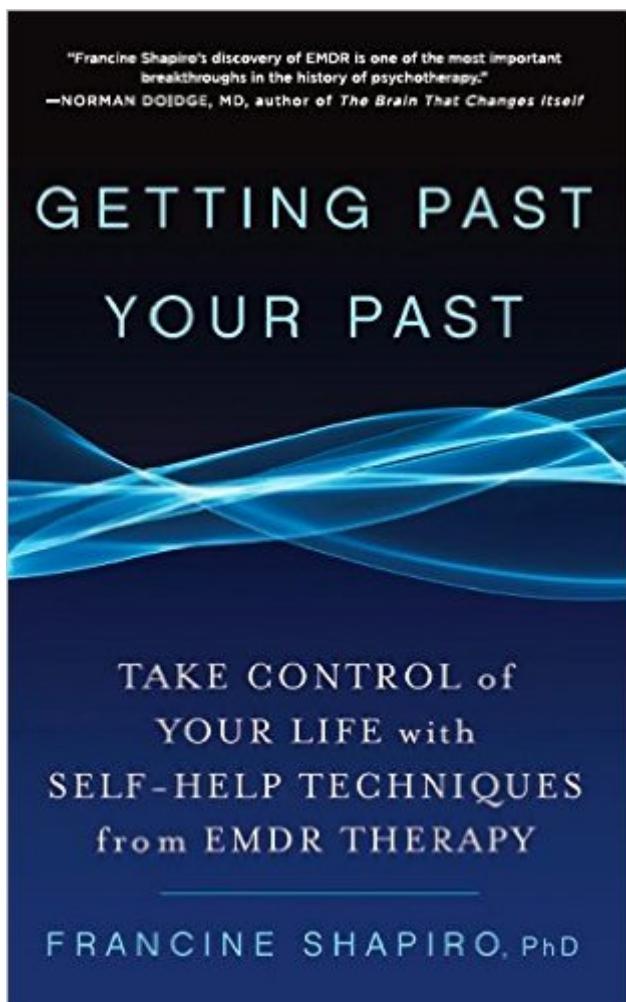


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# Getting Past Your Past: Take Control Of Your Life With Self-Help Techniques From EMDR Therapy



## **Synopsis**

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. *Getting Past Your Past* offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

## **Book Information**

Paperback: 352 pages

Publisher: Rodale Books (March 26, 2013)

Language: English

ISBN-10: 1609619951

ISBN-13: 978-1609619954

Product Dimensions: 5.6 x 0.9 x 8.4 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (314 customer reviews)

Best Sellers Rank: #3,705 in Books (See Top 100 in Books) #2 in Books > Comics & Graphic Novels > Graphic Novels > Mystery #7 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #11 in Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology

## **Customer Reviews**

I have a feeling that the two people that wrote 3 star reviews with criticism didn't read the whole book. I just finished it, and I feel like the light has been turned on for me. Actually, it is better than

that: I now know where the light switch is (the exercises used within the context of Dr Shapiro's model.) The stories of other people's lives are great, but the exercises that Dr Shapiro suggests have really connected the dots for me. I understand myself, my feelings, my automatic reactions, and my knee jerk responses. I also understand my strengths - and why some things get to me at times and not at other times. I am more understanding of why others behave as they do. You know how people always say "don't take it personally" or "it isn't about you?" Well I get it now - it really IS about their own past experience. I also get why the self care things people say are so important ARE so essential - in order to be present and respond to life from TODAY rather than the experiences of the PAST. I might decide to see an EMDR therapist at some point, but what I have gained so far is like finally being able to breathe. It is fascinating and freeing to have a window into myself and some techniques for change. The book provides a link to some impressive research you can download: just google "EMDR GPYP Trauma Research Findings and Further Reading" AND I just found that Dr Shapiro has a column in the New York Times website that is pretty interesting too: just google "EMDR NYTimes"

Life is cumulative. Past experience builds upon more experience and we become who we are whether we're conscious of it or not. Memories of these experiences are stored physically in the brain. Dr. Shapiro's book helps people think about their lives and provides specific techniques to find the links to make sense of who we are. She provides real life examples to which one can relate, then suggests hands-on strategies and exercises that enable the reader to connect the dots, make new decisions, take different actions, and achieve the means to effect change and growth. However, nowhere in this book does she recommend or mention moving one's eyes, nor does she suggest self-administered EMDR, because that would be clearly unethical and irresponsible. Rather, when an emotional problem is described, she offers a variety of self-help techniques that can be safely used. In addition, she offers guidelines for readers to decide if it would be useful to get professional help with an experienced EMDR clinician. Getting Past Your Past is full of accessible, empowering self-help resources. It's a delight to read, difficult to put down, and has something beneficial and fruitful for everyone.

I first talked with Dr. Francine Shapiro about EMDR back in 2001 when her Humanitarian Assistance Program was gearing up to work with emergency personnel and survivors of the 9/11 attacks. I found it a fascinating and important subject then, and was recently delighted to hear about this new book which explains in detail and in plain language, using real life examples, how EMDR

works. EMDR is best known for its effectiveness in treating people who have experienced major trauma--like natural disasters, war, rape or other crime, an abusive childhood and so on--quickly and hence inexpensively. But what about the rest of us? Fortunately most of us are not combat veterans or rape victims. We may have made a few bad decisions in our lives, or occasionally have nagging thoughts about the past. Maybe a certain type of person always pushes our buttons, perhaps we find ourselves becoming anxious in situations that don't bother most people, or we may have trouble relaxing, concentrating or sleeping. Can EMDR work for us? This book shows how it can. The book is enjoyable to read, and the exercises are easy to understand and to do. I have read a number of self-help books over the years, and this is certainly one of the best. I highly recommend it.

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