



# Emotional Healing at Warp Speed: The Power of EMDR

*David Grand*

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## **Emotional Healing at Warp Speed: The Power of EMDR** David Grand

**Emotional Healing at Warp Speed** provides a popular introduction to a miraculous new psychotherapeutic method called EMDR (Eye Movement Desensitization and Reprocessing). In these pages psychotherapist David Grand, Ph.D., describes his own first encounter with EMDR, then recounts the dramatic results of bringing this new therapy into the lives of his patients. By alternately stimulating the left and right sides of the brain to clear psychological blocks and resolve trauma, EMDR helped Grand's patients put the pieces of their emotionally shattered lives back together with a speed that exceeded his wildest dreams.

Grand's use of EMDR has helped people from all walks of life, from railroad engineers reliving the nightmare of death on the tracks to mothers of children killed on the mean streets of America's inner cities, from bomb victims in Belfast and Oklahoma City to Arabs and Israelis traumatized by decades of hatred and violence. His account of this work inspires and touches the reader's heart as it reveals the healing power of a process that works as swiftly as thought itself.

Grand takes EMDR—developed by Francine Shapiro, M.D., only fourteen years ago—far beyond its initial use in healing trauma. In addition to turbo-charging breakthroughs in psychotherapy, Grand uses EMDR to clear away blocks to performance and creativity. Remarkable examples show athletes, actors, musicians, and artists improving their performance, and a self-use chapter describes practical ways readers can apply this remarkable method to resolve fear of public speaking, enhance creativity, enjoy deeper, more restful sleep, resolve stress and anxiety, and much more.

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their family, or their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could be reading a book might be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the e-book untitled Emotional Healing at Warp Speed: The Power of EMDR can be great book to read. May be it could be best activity to you.

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