



# Speaking of Bodies: Embodied Therapeutic Dialogues

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### **Speaking of Bodies: Embodied Therapeutic Dialogues**

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This is a unique project, bringing together inspiring therapists and non-therapist experts to discuss, inspire and dialogue about bodies through different angles. It is an aesthetic book bringing therapy closer to the body, and the body closer to therapy.

While the body has received significant attention in psychoanalysis and psychotherapy in the last couple of decades, it is still focused primarily on the body of pathology – the body as speaking for (or on behalf of) the mind. Here, leading psychoanalysts and psychotherapists join in with experts whose field is body to examine and celebrate generative, creative, vital and irreducible aspects of our embodiment.

The book divides into seven themes, each includes a chapter by a therapist and another by a specialist pondering various aspects of the body (the rhythmic body, the living body, the sensual body, the body of pain, the beautiful body, the divine body, and the psychotherapist's body). The "theme partners" then embark on a dialogue exploring the similarities and differentness of their approach regarding their respective theme.

Fashion journalists speak with a relational psychotherapist about beauty, a chef discusses sensuality with a couple therapist, a Rabbi and psychoanalyst speak of divinity and the body, and so forth. This is a book aimed at igniting our imagination and faith in the possibility of living a full embodied life, and of integrating such practices within therapeutic and psychoanalytic work.



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