



Your Body Knows the Answer: Using Your Felt Sense to Solve Problems, Effect Change, and Liberate Creativity

David I. Rome

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Combines mindfulness with the Focusing technique made popular by Eugene Gendlin to tap into your body's subtle wisdom for dealing with all life's challenges.

Your body has an answer to just about any question or challenge that arises. It's simply a matter of learning to recognize and listen to the subtle physical signal that comes from someplace inside you other than your mind. This "felt sense" was first made widely known by the psychologist Eugene Gendlin, whose book on learning to use your felt sense, *Focusing*, has sold millions of copies since it was first published in 1978. Certified Focusing teacher David Rome here enhances the traditional Focusing techniques with mindfulness and other Buddhist principles learned from his teacher Chögyam Trungpa to provide remarkably effective techniques for learning to access your felt sense--and not only for applying it to problem solving and dealing with challenges, but for kick-starting the creative process in oneself. With its short, accessible chapters and its abundant practical exercises, this may be the most compact and accessible guide to Focusing yet published.

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