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Autore	Swan Teal <1984->
Titolo	The completion process : the practice of putting yourself back together again // Teal Swan
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Sommario/riassunto	"Teal Swan's previous book, <i>Shadows Before Dawn</i> , told the incredible story of how she survived 13 years of horrific physical, mental, and sexual abuse at the hands of a cult member in her community. After her escape at age 19, she forged a path back from the edge of despair and began the long process of making herself whole. Now, <i>The Completion Process</i> takes readers along on her restorative journey of healing and liberation. For anyone who has been fractured by trauma--and according to Teal, in one way or another, we all have--here is a way to put ourselves back together again, no longer inhibited by the past or terrified of the future. Drawing on her wide range of extrasensory abilities--including clairvoyance, clairsentience, and clairaudience--and incorporating key aspects of inner child and shadow work, Teal offers a revolutionary 20-step process for healing any past hurt or present problem. The steps include: Creation of a Safe Haven--setting up a mental place where it's safe to re-enter a painful memory. Validation--giving the painful emotion the message that we see it as valid. Seeking Origin--asking, "When was the first time I felt this feeling?" to connect to the root of it. Awaiting Relief--inside the memory, letting the feeling naturally shift in the direction of relief.

Purification and Healing--a ritual for closing the memory of trauma and beginning a "new life." "The Completion Process is not only a healing process," Teal writes. "It's also an enlightenment process." It will leave readers with a sense of their value in the world and the assurance that life can be good again"--
