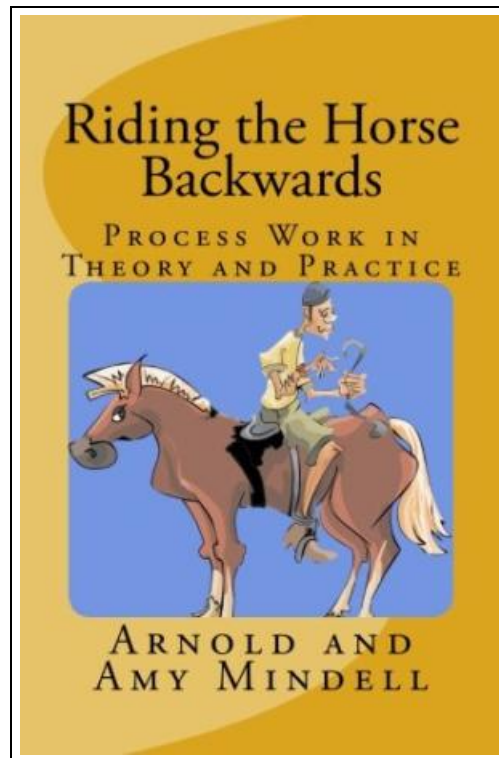


Riding the Horse Backwards: Process Work in Theory and Practice



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 230 pages. Dimensions: 8.5in. x 5.5in. x 0.5in. The open heart says, more than anything else, Go on, ride the horse backwards. Let the impossible unfold. Native American tribes often spoke of a Heyoka, a crazy-wisdom trickster figure who did everything differently. His horse went forwards, for instance, but he rode it facing backward. Riding the Horse Backwards introduces Process Work, Arnold and Amy Mindells innovative school of healing and self-exploration that puts crazy wisdom and dreaming just before linear thinking and common sense. An illustrated running narrative of a workshop presented by the Mindells at the Esalen Institute, Riding the Horse Backwards is the story of an approach to human experience that is still young enough to be exciting and startling, where crises can unfold into festivals of self-discovery. Arnold is the founder of one of the most inspiring schools of healing in the West - Process Work. Amy and Arny are innovators in the fields of personal therapy, relationship work, and group or worldwork. This item ships from La Vergne, TN. Paperback.



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