



# Understanding the Messages of Your Body: How to Interpret Physical and Emotional Signals to Achieve Optimal Health

*Jean-Pierre Barral D.O.*

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Fears, anxieties, traumas, and physical and emotional shocks imprint on the body and remain dormant in its vast memory store until they are roused by an event or encounter. They may manifest in a different form or place—a fearful incident may transform itself into a stomachache or a headache, or even a chronic disease. Pain creates its own path. In particular, psychological and emotional stresses affect the functioning of the internal organs. In *Understanding the Messages of Your Body*, Dr. Jean-Pierre Barral explains the relationships that exist between internal organs and emotions, to allow us to free ourselves from the effects of present and past tensions and traumas.

The book opens with an explanation of the body-mind relationship and goes on to show how physical-emotional therapy works based on examples from Dr. Barral's clinical practice. The second part of the book offers detailed analyses of various "types" of human personality and the physical-emotional complexes and related organ dysfunctions that accompany them. The author offers advice and encouragement to improve physical, psychological, and emotional health, and recommends physical exercises, psychotherapeutic approaches, and dietary plans that can be used by both professional therapists and the average reader.

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