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James Acaster at the Edinburgh International Book Festival von edbookfest vor 1 Jahr 59 Minuten 101.919 Aufrufe He's been described as 'a beige corduroy patchwork of eccentric inflections and odd obsessions that manages to be both ...

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Dr. Peggy Doherty DeLong: The Healing Benefits of Expressive Writing and Her Own Writing Process von Laura Bush, Ph.D. vor 9 Monaten 23 Minuten 20 Aufrufe Dr. Peggy Doherty DeLong is a clinical and forensic psychologist with a private practice in Long Valley, New Jersey.

[Why Changing The Way You Breathe Will Transform Your Body and Mind with James Nestor](#)

Why Changing The Way You Breathe Will Transform Your Body and Mind with James Nestor von Dr Rangan Chatterjee vor 3 Monaten 1 Stunde, 52 Minuten 445.062 Aufrufe In today's episode, we're returning to one of my favourite topics. Breathwork is where my personal and professional interests ...

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Writing Our Way Out of Trouble: Sue Reynolds at TEDxStouffville von TEDx Talks vor 7 Jahren 18 Minuten 26.881 Aufrufe The results of 25 years of research strongly indicates that , writing , down what distresses and dismays us not only makes us feel ...