

Increasing Intuitional Intelligence: How the Awareness of Instinctual Gut Feelings Fosters Human Learning, Intuition, and Longevity (Paperback)



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Reviews

Thorough manual for pdf lovers. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Kaycee McGlynn)

INCREASING INTUITIONAL INTELLIGENCE: HOW THE AWARENESS OF INSTINCTUAL GUT FEELINGS FOSTERS HUMAN LEARNING, INTUITION, AND LONGEVITY (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. INCREASING INTUITIONAL INTELLIGENCE: How the Awareness of Instinctual Gut Feelings Fosters Human Learning, Intuition, and Longevity is written as a companion to Love and Sterling's first book published in 2011, What's Behind Your Belly Button? A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct. It is a response to the readers who have asked them to share more on how the knowledge of uniting Human multiple brains-gut and head-affects current theory and practice in a number of subject areas as well as life experience, wellness and longevity, and the evolution of mind. The authors have selected the title Increasing Intuitional Intelligence because the ultimate goal of their lives work as counselors and educators has been to increase human intelligence through the development of the intuition using the Somatic Reflection Process, which they first created in the 1970s. Love and Sterling demonstrate that Intuitional Intelligence connects instinct and feeling (our unconscious) with reason and sensory input (our conscious mind) and is brought forward in our awareness as insight and intuition for creative life. The authors view Intuitional Intelligence as the link to our awareness of our Human Nature and the ability to be aware of our unconscious-our own inner state of being (self-awareness)-and to being aware of the feeling state of others (empathy). They propose that it makes sense even to the logical mind that the first place to begin the work to increase one's intuition and Intuitional Intelligence is within our own instinctual feeling state, where the impact of life is registered in our gut feelings of emptiness and fullness. Love and Sterling demonstrate that the problem has been...

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