



Your Body Knows the Answer: Using Your Felt Sense to Solve Problems, Effect Change, and Liberate Creativity

David I. Rome

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A manual for Mindful Focusing, a new integration of Eastern and Western techniques for accessing your inherent wisdom.

Ever come up against one of those moments when life requires a response—and you feel clueless? We all have. But there's good news: you have all the wisdom you need to respond to any situation, even the "impossible" ones. It's a matter of tuning in to your felt sense: that subtle physical sensation that lives somewhere between your conscious and subconscious mind and that can be accessed through Focusing, the well-known method developed by the psychologist Eugene Gendlin. David Rome's technique of Mindful Focusing unites Gendlin's method with Buddhist mindfulness practices to provide a wonderfully effective method for accessing your inherent answer to any question—and for responding honestly and creatively to the world around you.

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