



Ann Weiser Cornell

www.focusingresources.com



Presence: A Guide to Transforming Your
Most Challenging Emotions

Resource Guide

About Focusing

Focusing is a way of tapping into your vast emotional intelligence through the messages of your body. With Focusing, you return to a source of knowing that has always belonged to you. Focusing gives you direct access to your own inner compass, where you know the right direction for your life. Focusing works because life naturally wants to move forward and find new possibilities. Sometimes we get stuck because we get cut off from that natural life forward energy.

You learn Focusing for yourself – as a process you can use any time you need it, in stressful times, in challenging relationships, to transform frozen patterns and beliefs, for emotional and physical healing, any time.

Focusing is simple, natural, and in a way also revolutionary – because you are learning to trust your own inner knowing instead of relying on other people's opinions.

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Library & Recordings

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Listen in as Ann discusses a number of Focusing-related topics, from working with Action Blocks, to working with pain and other physical issues, to working with clients in a therapeutic environment. [CLICK HERE TO LISTEN TO RECORDINGS](#)

Ann's Library and FREE E-Course

Peruse our articles, recordings, or get your first taste of Focusing with our free e-course, Get Bigger Than What's Bugging You

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BOOK

PRESENCE

A Guide to Transforming
Your Most Challenging Emotions



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MORE DETAILS

Presence: A Guide to Transforming Your Most Challenging Emotions takes you along on the personal journeys of people like you seeking ways to be calmer, clearer, happier, and more effective in their lives. Ann Weiser Cornell's responses to real people's questions about their emotional struggles are warm-hearted, wise, and inspiring...and often funny.

Here's what we know and want to share with you — your most challenging emotions do not have to rule your life. Being with your emotions, rather than being your emotions, allows them to change. Your feelings — even your most challenging feelings — no longer have to be the 'enemy inside.' The practical, compassionate insights in this book are roadmaps that can help you make that inner shift from emotion wars to a wider perspective that opens up your most empowered life possibilities.

Whimsical and beautifully designed, Presence is chock full of short, easy-to-read segments that you can enjoy as bite-sized bits of wisdom whenever you have a moment to indulge in some reading.

If you're ready to make change in your life, this book is a light-hearted and inspiring way to help you meet life's challenges with compassion and, dare we say, Presence!

www.onlionevents.co.uk

FISS 2015: Focusing Institute Summer School

Tenth Anniversary Focusing Institute Summer School

August 14th – August 20th, 2015

The Garrison Institute, Garrison, NY

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MORE DETAILS](#)

Focusing is a way of tapping into your vast emotional intelligence through the messages of your body. Focusing gives you direct access to your own inner compass, where you know the right direction for your life. Focusing is a meditation-like process of inner attention and self-inquiry that can be done alone or in peer Focusing partnerships, and can be brought into psychotherapy, counseling, coaching, nursing, teaching... the possibilities are endless.

Since the publication of Eugene Gendlin's book *Focusing* in 1978, Focusing has become a worldwide movement with applications in creativity, business, health, trauma release, spirituality, addiction, chronic pain, working with children, parents and babies – and much more. The Focusing Summer School brings together five “master” teachers of Focusing, people who are recognized in the Focusing community as some of the most well-known and sought after international teachers of Focusing, and who offer a variety of approaches and styles.

How it works... When you sign up for the Summer School, you choose one of the five teachers as your main teacher for the week. You will meet with that teacher in a class every morning for six mornings, along with the same people every day, building a container of safety and support and coming away at the end of the week with solid skills and connections. You can sample the other four teachers by attending the stand-alone workshops that are offered in the afternoons and on some evenings. Morning courses require advance registration, but afternoon/evening courses do not.

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JOIN	JOIN	JOIN

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