

Expressive Body in Life, Art and Therapy: Working with Movement, Metaphor and Meaning (Paperback) - Common

Foreword by Jack Weller By (author) Daria Halprin



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Expressive Body in Life, Art and Therapy: Working with Movement, Metaphor and Meaning

(**Paperback**) - Common Foreword by Jack Weller By (author) Daria Halprin Drawing on her extensive experience in expressive arts therapy, Daria Halprin presents a unique approach to

healing through movement and art. She describes the body as the container of one's entire life experience and movement as a language that expresses and reveals our deepest struggles and creative potentials. Interweaving artistic and psychological processes, she offers a philosophy and method...

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