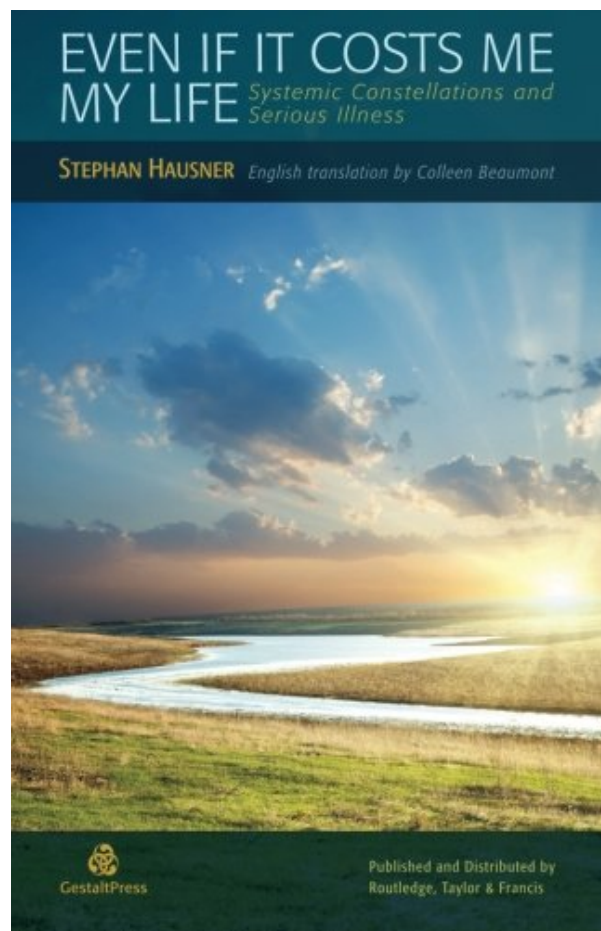


EVEN IF IT COSTS ME MY LIFE: SYSTEMIC CONSTELLATIONS AND SERIOUS ILLNESS BY STEPHAN HAUSNER



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*Systemic Constellations and
Serious Illness*

STEPHAN HAUSNER *English translation by Colleen Beaumont*




GestaltPress

Published and Distributed by
Routledge, Taylor & Francis

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Review

"With great clarity, sensitivity, and unique insight, Stephan Hausner lifts the veil surrounding the mystery of illness and disease. No one has more experience exploring the hidden patterns behind illness...this book is a must for all those who want to expand their understanding...opening a new view to how we have moved away from health and happiness, showing us ways to reintegrate the lost parts of our self." - Dale Schusterman, author, *Sign Language of the Soul*

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"This book...is the bridge over which traditional medicine may most easily walk to embrace alternative medicines." - J. Edward Lynch, co-author, *Principles and Practices of Structural Family Therapy*

About the Author

Stephan Hausner is a Heilpraktiker trained in alternative medicine with a focus on traditional Chinese medicine, homeopathy, and osteopathy. He has also trained in humanistic psychology and since 1993 has used systemic constellations in working with health issues both individually and in groups, traveling widely as a trainer at institutes and conferences, workshops, and training programs around the world.

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Family constellations work has broadened and developed in many different fields as a method of counseling and therapy. In addition to constellations in organizations and schools, applying this approach to working with illness and disease has expanded the potential for healing effects in the field of medicine as well. A view of transgenerational entanglements and family dynamics casts a new light on health and disease, and the insights gained from constellations with illness and health problems have led to a more holistic view of those who are ill. In *Even if it Costs me my Life*, Stephan Hausner aims to provide a picture of the healing potential of systemic constellations, entering into the reciprocal effects of family dynamics and illness. Extensive use of case studies demonstrates this technique in action, revealing how existing illnesses and pathologies are rooted within the family dynamic, and setting up healing postures to facilitate growth, development, and direction.

- Sales Rank: #721854 in Books
- Brand: Brand: Gestalt Press
- Published on: 2011-04-27
- Released on: 2011-06-03
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .82" w x 5.50" l, 1.05 pounds
- Binding: Paperback
- 362 pages

Features

- Used Book in Good Condition

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Fabulous book!

By Udana Power

I loved getting the overview of what Family Constellations are and how they work as The author took me through one experience of a constellation after another. The examples off-set with the explanations of what was forming in the constellations and combined with the facilitator's ability to ask the right questions and allow his intuition to add new information to the Field while at the same time allow the Field to guide him was truly informative. I will be reading this book again as I get deeper and deeper into this study. Everyone who is interested in self transformation must experience this work first hand. I've done every type of therapy and self development technique possible and was totally astounded by the accuracy of the Field and direct access to what was ACTUALLY standing I my way of moving forward in my life... Rather than just my story from my point of view of what happened. Because of this impartial view of what REALLY was happening in the household I grew up in, I gained a new understanding of the dynamics that were running my family. As a result old, stale, long-standing issues have been resolving so quickly that I feel like I've escaped prison...a prison of my own beliefs and misconceptions. Truly magnificent work. Especially for anyone who is struggling with difficult health issues.

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A must read book for all!

By Alexandra Katakalea

I have no words for this book. I loved it! This book is a must read not only for therapists, medical people, healers but for anyone who would like to explore an alternative healing path. One who has attended constellations and has tried to write what happened on a piece of paper realizes that you can end up writing pages over pages. Stephen was able to describe constellations in a concise, to- the -point way without losing the essence or the reader. His book includes his observations around the topic of illness over the years and one can feel his mastery but also his warmth as a constellator. I strongly, strongly recommend this book!

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very good reading. Recommended for those who want to understand ...

By Mrs. Simone M. Steigleder

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