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### Embracing Ourselves: The Voice Dialogue Manual: Hal Stone ...

Embracing Our Selves - by John Kent The voices of our personality. Have you ever heard yourself say something like? "A part of me wants to read this article - but another part of me can't be bothered and wants to watch that programme on TV." "Whenever I upset someone I feel guilty and then I beat myself up for being insensitive."

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This method is described in the last section of this chapter. A more thorough discussion can be found in our book, Embracing Our Selves, published by Nataraj Publications in Corte Madera, California. Once the basic form of Voice Dialogue was established, we began our investigations of these selves in earnest.

### Embracing All Our Selves | Voice Dialogue

Start your review of Embracing Ourselves: The Voice Dialogue Manual. Write a review. Dec 08, 2013 Raphi rated it it was amazing. This book offers an entire world of taboo personalities that people wish to disown about themselves based on who we think we are. The imagination of "the self."

### Embracing Ourselves: The Voice Dialogue Manual by Hal Stone

Embracing Our Selves: The Voice Dialogue Manual. Embracing Our Selves. : Hal Stone, Sidra Stone. New World Library, 1989 - Self-Help - 257 pages. 0 Reviews. Drawing on years of clinical experience,...

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3 Voice Dialogue, PART TWO: THE VOICES, 4 The Protector/Controller: Meeting "The Boss", 5 The Heavyweights, 6 Disowned Instinctual Energies, 7 The Inner Child, 8 The Parental Selves, PART THREE: THE ROAR OF AWAKENING, 9 The Empowerment of Women, 10 In Search of Higher Meaning, 11 Embracing Our Selves: A New Renaissance. About the Authors.

### Embracing Ourselves: The Voice Dialogue Manual by Hal ...

Embracing Our Selves: Voice Dialogue Manual Hal Stone, Sidra Winkelman Paperback Publisher: DeVorss & Co. Sep 1 1985 Edition: ISBN: 9780875165530 Description: Used - Good Good condition. A copy that has been read but remains intact. May contain markings such as bookplates, stamps, limited notes and highlighting, or a few light stains.

### Embracing Our Selves: Voice Dialogue Manual Hal Stone ...

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### Embracing Ourselves: The Voice Dialogue Manual: Stone, Hal ...

If we TRY to love unconditionally we are not embracing, honoring, and loving certain parts of ourselves. This is a paradox for the spiritually oriented person, who wants deeply and profoundly to change the world, and who feels at some deep level that love is the answer.In trying to love unconditionally, we are actually identifying with the heavenly God, trying to love humanity from above.

### Voice Dialogue | embracing all our selves

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Stone, H. and Stone, S. 1989. Embracing our selves: The voice dialogue training manual. New York, NY: Nataraj Publishing. [Google Scholar] : Embracing our selves: The voice dialogue training manual, New York: Nataraj Publishing), whereby a facilitator directly engages with the voice (s) in order to heighten awareness and understanding of voice ...

### Talking with voices: Exploring what is expressed by the ...

Sidra Stone, Ph.D., along with her husband Hal Stone, Ph.D., are the creators of "Voice Dialogue" and the authors of the trailblazing books Partnering, Embracing Our Selves, Embracing Each Other,...

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### Voice Dialogue International

Voice Dialogue and Relationship. Voice Dialogue involves learning how our selves bond with the selves in other people in predictable (but unconscious) patterns. Understanding these "bonding patterns" is a game-changer for understanding relationships. Voice Dialogue also includes working with the energetic nature of our selves and learning ...

### What is Voice Dialogue? Integrate your inner selves and ...

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### Embracing our selves : the voice dialogue manual (Book ...

Voice Dialogue is the basic method for contacting, learning about, and working with the many selves that make up each of us. The Psychology of Selves provides a clear explanation of how these selves operate in your life and how they keep you from realizing your full potential.

### Voice Dialogue International

Voice Dialogue and the psychology of selves. This is the revolutionary work that you have heard so much about! Written for the psychologically minded lay person, but hailed as a potential clinical text, it provides a clearly written, entertaining, in-depth introduction to your inner family of selves.