



New Book! The Thriving Self: A New Paradigm for Healing Trauma in the Mind, Body and Spirit and Moving Beyond It

I'm very excited to announce my book, *The Thriving Self: a New Paradigm for Healing Trauma in the Mind, Body and Spirit, and Moving Beyond It* to the

world. This book has been my personal souls mission and offering to the world. I'm very proud of the book and truly believe it is needed and can help anyone who reads it. It is written for both the lay person who needs healing and the clinician.

- Do you feel stuck in your life? Have you been in therapy for a long time and wonder why you aren't feeling better? This book will show you how to break out of stuck patterns.
- You will create your own pathway to healing, first by identifying

your
survival
override,
and
using
self-
guided
reflections
and
assessments
to
help
you
move
forward.

- It provides guidance about deciding which mental health treatment is needed to heal your core wounds and grow towards a thriving self.
- Are you a clinician looking to be more trauma-informed? This book will guide

you
through
the
new
diagnostic
dimension
of
the
three
ways
individuals
store
or
locate
trauma
-
in
the
mind,
body,
or
spirit
-
and
how
to
use
that
knowledge
to
help
your
clients
heal
from
suffering,
as
well
as
major
trauma.

www.thethrivingself.com
www.karensprinkel.com

Order Book here:



Please consider ordering it or sharing the link with others looking for healing. *The Thriving Self: A New Paradigm for Healing Trauma in the Mind, Body and Spirit and Moving Beyond It*
<https://a.co/d/hZsR0OA>

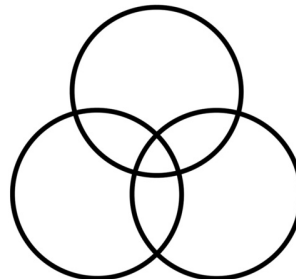
What does the book symbol mean?:

The symbol helps frame the premise of the book that we all experience suffering and our goal in life is to integrate our suffering in order to move beyond it towards our greatest potential, **The Thriving Self**.

This book is dedicated to all of my clients.



UNALOME: A Thai Theravada Buddhist symbol representing the human experience of suffering and moving through life on Earth and learning our own path towards enlightenment.



THE THREE CIRCLES: Represent the human experience of suffering and healing in the mind, body, and spirit. Once these heal and integrate, we move out of suffering towards The Thriving Self.



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