



What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct

Martha Char Love, Robert W. Sterling

[Download now](#)

[Click here](#) if your download doesn't start automatically

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct

Martha Char Love, Robert W. Sterling

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct Martha Char Love, Robert W. Sterling

Although numerous books and articles have recently talked about the gut instincts as valuable in giving us useful hunches in the decision-making process, *What's Behind Your Belly Button?* goes much further and explains how gut feelings not only have a psychological intelligence of their own, but are also understandably rational in their functioning. The authors explore how gut feelings are like a gas gauge in our guts indicating through an emotional feeling of emptiness or fullness how well the two instinctive human needs for acceptance (attention from others) and of control of one's own responses (freedom) in our lives are being met and how our behavior attempts to keep these two instinctive needs in balance at all times. They explore how these two instinctive needs motivate our personality all through our lives and that the feeling memory of how well these needs are met from moment-to-moment may be accessed through somatic awareness of our gut feelings of empty and full by using the Somatic Reflection Process the authors have developed.

In 1998, neurological research at Columbia University published the work of Dr. Michael Gershon that identified the enteric nervous system as a center of feeling intelligence in the gut, which he called the "Second Brain". The authors carefully examined this material and accepted the research findings as pointing to the same universal feeling intelligence they experienced in counseling with hundreds of people. Utilizing the medical research of Dr. Gershon, the work of Dr. Lise Eliot who charts the development of children from conception through the first five years of life, recent research of their own in the Psychology Department at Sonoma State University, and their vast clinical experience, the authors have presented an interpretation of recent medical research into a Gut Psychology and a more accurate understanding of the Self and human nature than has previously been available. They share a complete protocol and results of their clinical research findings for the Somatic Reflection Process that they have created and used successfully, with themselves and hundreds of people, to assist the process of getting in touch with the voice of the gut and learning to follow its wisdom toward a healthy life--unifying the body-mind split in the individuation process of personal development.

Over a period of 45 years, there has been a utilization of further graduate studies in Depth Psychology and Religious Education on the part of the authors, and giant steps forward in the fields of Neurology and Psychology, which help form a new more accurate image of human nature. The authors present this new image of human nature and the meaning of its understanding in making positive changes in our lives. They suggest that we are at the beginning of a Renaissance in human consciousness and that understanding our true human nature is the way to thrive in this present era. This book also discusses the implications of this new image of human nature in education and for rehabilitation of those incarcerated. The authors suggest that early in the child's learning process of personality and development, care be taken to offer the experience of freedom and acceptance to the preschooler to form a positive self-concept and to self-regulate his or her behavior as part of the learning process in becoming a loving, caring person.

After careful examination of life's processes, they conclude that of all the mammals in the animal kingdom, humans seem to be the only species that has been denied the open use of their natural instincts. "Out of

ignorance, fear or wanton control by others, we are denied the use of the brains we were born with". This awareness is of growing concern since the absence of the use of the feeling intelligence of the body interferes with a major stabilizing force--built into the human system--that can affect human behavior, provide a sense of well-being, and the ability of the body to combat disease.

 [Download What's Behind Your Belly Button?: A Psychological Persp ...pdf](#)

 [Read Online What's Behind Your Belly Button?: A Psychological Per ...pdf](#)

Download and Read Free Online What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct Martha Char Love, Robert W. Sterling

Download and Read Free Online What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct Martha Char Love, Robert W. Sterling

From reader reviews:

Christi Ross:

Do you one of people who can't read pleasurable if the sentence chained inside straightway, hold on guys this aren't like that. This What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct book is readable through you who hate the straight word style. You will find the facts here are arrange for enjoyable reading experience without leaving possibly decrease the knowledge that want to provide to you. The writer of What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct content conveys the idea easily to understand by most people. The printed and e-book are not different in the information but it just different by means of it. So , do you even now thinking What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct is not loveable to be your top record reading book?

Dexter Forsyth:

The guide untitled What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct is the publication that recommended to you you just read. You can see the quality of the reserve content that will be shown to an individual. The language that article author use to explained their ideas are easily to understand. The writer was did a lot of analysis when write the book, therefore the information that they share to your account is absolutely accurate. You also will get the e-book of What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct from the publisher to make you far more enjoy free time.

Tony Reed:

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct can be one of your beginner books that are good idea. Most of us recommend that straight away because this book has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort that will put every word into joy arrangement in writing What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct yet doesn't forget the main point, giving the reader the hottest in addition to based confirm resource info that maybe you can be among it. This great information may drawn you into completely new stage of crucial considering.

Adam Blandford:

The book untitled What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct contain a lot of information on the idea. The writer explains your ex idea with easy approach. The language is very easy to understand all the people, so do certainly not worry, you can easy to read the item. The book was authored by famous author. The author brings you in the new time of literary works. You can read this book because you can please read on your smart phone, or gadget, so

you can read the book with anywhere and anytime. If you want to buy the e-book, you can open up their official web-site along with order it. Have a nice examine.

**Download and Read Online What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct Martha Char Love, Robert W. Sterling
#LKUBPG68IWM**

Read What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling for online ebook

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling books to read online.

Online What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling ebook PDF download

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling Doc

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling Mobipocket

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling EPub

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling Ebook online

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling Ebook PDF