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Gendlin is best known for Focusing, a psychotherapy

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technique, and for "Thinking at the Edge", a general procedure for "thinking with more than patterns".

Eugene Gendlin - Wikipedia

Eugene Gendlin is the man who "developed" the method that's called "focusing," so by reading this book, you're getting the original developer's approach, and it's *great* stuff! Having

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said that, it also takes practice and personal exploration to learn more about yourself and how you work inside.

**Focusing: Gendlin,
Eugene T.:**

9780553278330:

Amazon.com: Books

His book, Focusing, has sold over 500,000 copies and is translated into 17 languages. His other books include, Let Your

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Body Interpret Your Dreams, and Focusing-Oriented Psychotherapy. He is internationally recognized as a major American philosopher and psychologist.

Eugene T. Gendlin, Ph.D. | International Focusing Institute

This is a most interesting book. Focusing was discovered through fifteen years of

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research at the University of Chicago. Eugene T. Gendlin studied, together with a group of colleagues, why therapy so often failed to make real difference in people's lives.

Focusing by Eugene T. Gendlin

FOCUSING is a mode of inward bodily attention that is not yet known to most people. It differs from the usual

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attention we pay to feelings because it begins with the body and occurs in the zone

...

FOCUSING with Eugene T. Gendlin Ph.D.

Focusing Eugene T. Gendlin, Ph.D. They include Experiencing and the Creation of Meaning, (in paperback) and Language Beyond Post-Modernism; Saying and

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Thinking In Gendlin's
Philosophy (edited by
David Levin), both from
Northwestern
University Press, 1997
and A Process Model.

Eugene T. Gendlin - The Focusing Institute

Mindfulness Meditation
and Focusing, a
psychotherapeutic
routine developed by
Eugene Gendlin, have
both achieved world
wide success in

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developing self awareness. Learning to become self aware has calmed the minds of thousands of distressed people. Focusing requires the personal support of a therapist.

**Eugene Gendlin -
Focusing - Effective
Mind Control**

Focusing is a process grounded in experiential listening as developed by

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Eugene Gendlin. It is a powerful way of interacting with innate body-felt knowing and leads to mutual respect, authenticity and compassion.

**| International
Focusing Institute**

Dr. Eugene Gendlin of the University of Chicago and The Focusing Institute (www.focusing.org) called this intuitive edge of consciousness

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the “felt sense.” He decided it was important to teach this skill of “pondering at the intuitive edge” to everyday people, to use for personal growth and creative problem solving.

COMPLETE FOCUSING INSTRUCTIONS

Quotations from the book *Focusing* (1978):
What is true is already so. Owning up to it

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doesn't make it worse.
Not being open about it
doesn't make it go
away. And because it's
true, it is what is there
to be interacted with.
Anything untrue isn't
there to be lived.
People can stand what
is true, for they are
already enduring it.

Quotations —

Eugene T. Gendlin

Eugene Gendlin is the
man who "developed"
the method that's

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called "focusing," so by reading this book, you're getting the original developer's approach, and it's *great* stuff! Having said that, it also takes practice and personal exploration to learn more about yourself and how you work inside.

**Focusing by Gendlin,
Eugene T.. [1982,
2nd Edition ...**

In this highly
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accessible guide, Dr. Eugene Gendlin, the award-winning psychologist who developed the focusing technique, explains the basic principles behind focusing and offers simple step-by-step instructions on how to utilize this powerful tool for tapping into greater self-awareness and inner wisdom.

Focusing by Eugene T. Gendlin,

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**Paperback | Barnes
& Noble®**

Plaque honoring Eugene T. Gendlin in Vienna, Austria. The Viennese community of Person-Centered therapists arranged a very special memorial for Gene Gendlin. On May 2, 2018, a year and a day after his passing, a ceremony was held unveiling a plaque in Gene's memory in the Alsergrund district of

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Vienna.

**Eugene T. Gendlin -
The Focusing
Institute**

Focusing was first
'discovered' (or
perhaps identified) in
the 1950s by Eugene
Gendlin, a philosopher
and psychotherapist,
during his research
with Carl Rogers into
what made
psychotherapy
effective.

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**An Introduction to
Focusing | British
Focusing Association**

Spring Valley, New

York, May 1, 2017

Eugene T. Gendlin, the

American philosopher

and psychologist who

developed the mind-

body connection

practice called

"Focusing," died on

May 1 at the age of 90

in Spring Valley, New

York.

English — Eugene T.

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Gendlin

In this highly accessible guide, Dr. Eugene Gendlin, the award-winning psychologist who developed the focusing technique, explains the basic principles behind focusing and offers simple step-by-step instructions on how to utilize this powerful tool for tapping into greater self-awareness and inner wisdom.

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Focusing : Eugene T. Gendlin :

9780553278330

Gendlin received his Ph.D. in philosophy from the University of Chicago where he also taught for many years. He is best known for Focusing and for Thinking at the Edge, two procedures for thinking with more than patterns and concepts.

Eugene T. Gendlin

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(Author of Focusing)

- Goodreads

The International Focusing Institute - Building on the work of Eugene T. Gendlin since . Focusing has ratings and 72 reviews. Steve said: For those of us who have to tend to the effects of complex ptsd the most difficult challenge is to c. Focusing may refer to: Adjusting an optical system to minimize defocus aberration .

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