Polyvagal Exercises For Safety And Connection

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A practical guide to working with the principles of polyvagal theory beyond the therapy session.

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Immerse yourself in heartwarming tales of love and emotion with is touching creation, Tender Moments: **Polyvagal Exercises For Safety And Connection**. This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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