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About the Author: Ann Weiser Cornell learned Focusing from Eugene Gendlin, who first discovered the technique.

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Further reading . Cornell, Ann Weiser (1996). The power of focusing: a practical guide to emotional self-healing. Oakland, CA: New Harbinger Publications.

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Cornell, Ann Weiser; The Power of Focusing: A Practical Guide to Emotional Self-Healing; Oakland, CA; New Harbinger Pub.; 1996 Craig, James and Marguerite.Synergic

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### **Bibliography - inner life stream**

Inner Life Stream. Home; A Practical Guide to Emotional Self-Healing by Ann Weiser Cornell, Living a Focusing Life by Ann Weiser Cornell,

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Ann Weiser Cornell (born Ann Weiser on October 6, 1949 in Chicago, Illinois) is an American author, educator, and worldwide authority on Focusing, the self-inquiry

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