



Gina Asbjerg



The Gift in the Gut

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No matter where we come from and how we grew up, we are all likely to have experienced things in our childhood - big and small - that we could not deal with in a mature way at the time - and which continue to influence us, subconsciously, to this day.

The Gift in the Gut provides a tangible new method - drawing on psychology and kinesiology - to heal old traumas and create balance in the present.

Gina Asbjerg is the nurse behind the *Gift in the Gut* method - a method that equips us all to become masters of our own lives.

SYNOPSIS

Gina Asbjerg's book, *The Gift in the Gut*, is her attempt to give people a chance to become masters of their own lives once and for all. We all have issues from our childhood which we have subconsciously stored away in our stomach, because we were not mature enough to handle them at the time. In order to move forward and break all the unhealthy patterns we typically repeat in our lives, we need to consciously move the traumas from our stomach into the heart; the heart which has the strength to handle the old issues we were not previously able to address. When that is done, we are able to restore the balance in our lives and move forward.

Gina Asbjerg provides the tools in a clear and accessible way with her *Gift in the Gut* method - her book is aimed at both clients and practitioners.

REVIEWS

"A practical book with an accessible approach to creating awareness and handling traumatic feelings from childhood that are festered in the stomach by developing a personal Hit List. Very useful for those who want to seek alternative treatment" – (Review from Library Organisation)

"Gina Asbjerg's method provides us with a concrete technique on how to address our emotional patterns. Unaddressed emotions stay stuck in our system and prevent us from being connected to our souls. If they linger long enough, unaddressed, they can result in physical illness or depression. They can have a devastating impact on our thought patterns and the energy that thoughts constantly send out. We create our lives with our inner landscape; therefore, it is

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THE GIFT IN THE GUT

– The Method that will
change your life

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so important to create an inner landscape where love, peace, joy and mindfulness live. Gina's method helps us meet all the unaddressed emotions in our system with love – thus paving the way for a life of strength, freedom and joy." – Kisser Paludan (Soultalk)