

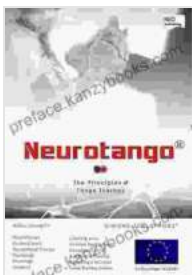
Neurotango: The Principles of Tango Therapy

Tango is a passionate and sensual dance that has been shown to have many therapeutic benefits. Neurotango is a new approach to therapy that uses the principles of tango to help people heal from trauma, anxiety, and depression.

This book provides a comprehensive overview of Neurotango, including its history, principles, and techniques. You will learn how tango can help you to:

- Reduce stress and anxiety
- Improve your mood
- Boost your self-esteem
- Connect with others
- Heal from trauma

If you are struggling with trauma, anxiety, or depression, Neurotango may be the perfect therapy for you. This book will provide you with all the information you need to get started.



Neurotango: The Principles of Tango Therapy

by Patrick Holford

★★★★☆ 4 out of 5

Language : English

File size : 1774 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled



Neurotango was developed by Dr. Marianela Ancarola, a psychologist and tango dancer. Dr. Ancarola began using tango in her therapy practice in the early 2000s. She found that tango was particularly effective in helping people to heal from trauma.

In 2010, Dr. Ancarola published her first book on Neurotango. The book was a bestseller and helped to spread the word about this new approach to therapy.

Today, Neurotango is used by therapists all over the world. It has been shown to be effective in treating a wide range of mental health conditions, including:

- Trauma
- Anxiety
- Depression
- Eating disorders
- Substance abuse

Neurotango is based on the following principles:

- **Tango is a social dance.** It is danced in pairs, and it requires cooperation and communication. This can help people to learn how to interact with others in a healthy way.

- **Tango is a creative dance.** It allows for improvisation and self-expression. This can help people to develop their creativity and their sense of self.
- **Tango is a physical dance.** It involves moving the body in a rhythmic and coordinated way. This can help people to improve their physical health and their body image.

Neurotango uses a variety of techniques to help people heal from trauma, anxiety, and depression. These techniques include:

- **Movement therapy.** Movement therapy involves using movement to express emotions and to release stress. Tango is a particularly effective form of movement therapy because it is both physically and emotionally expressive.
- **Music therapy.** Music therapy involves using music to promote relaxation, reduce stress, and improve mood. Tango music is particularly calming and soothing, and it can help people to connect with their emotions.
- **Talk therapy.** Talk therapy involves talking to a therapist about your thoughts, feelings, and experiences. Neurotango therapists use a variety of talk therapy techniques to help people to process trauma, resolve conflicts, and develop coping mechanisms.

Neurotango has been shown to have a number of benefits for people who are struggling with trauma, anxiety, and depression. These benefits include:

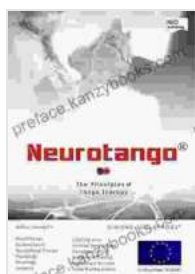
- Reduced stress and anxiety
- Improved mood

- Increased self-esteem
- Improved social skills
- Healing from trauma

If you are struggling with trauma, anxiety, or depression, Neurotango may be the perfect therapy for you. This book will provide you with all the information you need to get started.

Neurotango is a revolutionary new approach to therapy that uses the principles of tango to help people heal from trauma, anxiety, and depression. This book provides a comprehensive overview of Neurotango, including its history, principles, and techniques. You will learn how tango can help you to reduce stress and anxiety, improve your mood, boost your self-esteem, connect with others, and heal from trauma.

If you are struggling with trauma, anxiety, or depression, I encourage you to give Neurotango a try. This book may be the first step on your journey to healing.



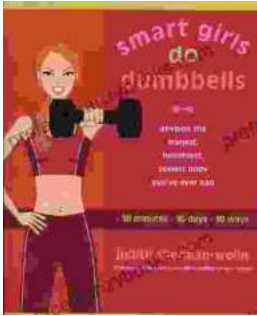
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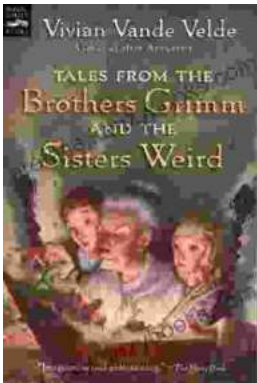
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