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Through Voice Dialogue we can learn how to separate from our primary selves and find out the rules they have for running our lives. We can learn and understand their demands, hopes and anxieties. This means that we need no longer be overly influenced by their default attitudes, values, beliefs and behaviours.

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Sidra L. Stone. 4.15 · Rating details · 220 ratings · 17 reviews.

Drawing on years of clinical experience, the authors take readers on a remarkable journey of self-discovery. The "sub personalities" that live with the self are explained, allowing readers to pursue their individual destinies.

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Embracing Ourselves: The Voice Dialogue Manual by Hal Stone  
Since Voice Dialogue and its accompanying theoretical framework have evolved out of our relationship and out of love and acceptance, it is a work that is basically non-judgmental and non-pathological in its approach to the human psyche. It seeks to discover what is rather than what is wrong.

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Embracing Ourselves: The Voice Dialogue Manual: Hal Stone ...

If we TRY to love unconditionally we are not embracing, honoring, and loving certain parts of ourselves. This is a paradox for the spiritually oriented person, who wants deeply and profoundly to change the world, and who feels at some deep level that love is the answer. In trying to love unconditionally, we are actually identifying with the heavenly God, trying to love humanity from above.

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Voice Dialogue | embracing all our selves

The Psychology of Selves. by. Hal Stone, PhD & Sidra Stone, PhD.  
This article is on how to use Voice Dialogue. and is written for  
mental health professionals only. In the article "Embracing All Our



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Selves, we speak of the Psychology of Selves, the theoretical framework for our work. We discuss the development and the importance of the "selves" which we view as the smallest units or the building blocks of the psyche.

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## The Psychology of Selves - Voice Dialogue

The following articles about Voice Dialogue have been published in a variety of international journals. Embracing Our Selves A Pusher, Pleaser, Romantic, Perfectionist, Critic. We are all made up of many different parts or "selves".

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Stone, Sidra: 9781882591060: Books - Amazon.ca

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Drs. Hal and Sidra Stone. Welcome to the website of the founders  
of Voice Dialogue, Hal Stone, Ph.D. and Sidra Stone, Ph.D.

Initially developed in 1972, Voice Dialogue, Relationship & the

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Psychology of Selves (also known as the Psychology of the Aware Ego) continues to evolve - and to inspire. As a trans-cultural - and remarkably inclusive - psycho-spiritual approach to consciousness, this work has been used internationally.

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Voice Dialogue International

Embracing Our Selves: The Voice Dialogue Manuel Hal Stone,  
PhD, Sidra Stone, PhD Limited preview - 2011

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Embracing Our Selves: Voice Dialogue Manual: Stone, Hal ...

This highly acclaimed, groundbreaking work describes the Psychology of Selves and the Voice Dialogue method.

Internationally renowned psychologists Hal and Sidra Stone introduce the reader to the Pusher, Critic, Protector/Controller, and all the other members of your inner family. They have refined the process to the point where voice dialogue is considered one of the most effective techniques ...

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Embracing Ourselves: The Voice Dialogue Manual - Hal Stone ...

3 Voice Dialogue, PART TWO: THE VOICES, 4 The

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Disowned Instinctual Energies, 7 The Inner Child, 8 The Parental  
Selves, PART THREE: THE ROAR OF AWAKENING, 9 The  
Empowerment of Women, 10 In Search of Higher Meaning, 11  
Embracing Our Selves: A New Renaissance, About the Authors,

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Embracing Ourselves: The Voice Dialogue Manual by Hal ...

Voice Dialogue is about separating from the many selves that make up the human psyche and creating this Aware Ego. We do not discard anything. We embrace the selves that are already ours and we add to them those we have disowned. It is as though we were living in ancient Greece and worshipping at the shrines of all the gods and goddesses.

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by Hal Stone, Ph.D. Sidra Stone, Ph.D.

Embracing All Our Selves Embracing All Our Selves by Hal Stone, Ph.D. & Sidra Stone, Ph.D. This article is the first in a series of four written in 1994 for the journal, Psychotherapy in Australia. There is a mysterious realm within each of us that alternately beckons and frightens the explorer with its depth, its complexities and its

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by Hal Stone, Ph.D. Sidra Stone, Ph.D.

Embracing Our Selves SKU: 107871 This is the revolutionary work that you have heard so much about! Written for the psychologically minded lay person, but hailed as a potential clinical text, it provides

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