

Foreword

If I can sum up why I enjoy Elke's approach to psychotherapy so much, it would be the phrase "*Communicating with the body.*" You will not only read this phrase in this book, but this theme is woven throughout the entirety of her approach and philosophy.

Our modern approach to health care has needed a revision for some time now, and here we have a fantastic example of that brave next step forward. I purposefully use the word *brave* for two reasons.

One is a nod to the prevailing model of fighting against a broken body/mind. Most of the approaches in health care are to fix a problem, dysfunction, or disorder. Our weak bodies, unbalanced hormones, and disrupted brain chemistry are due to some genetic fault, and it is up to the medical establishment to fix and/or support us through this. We need to fight, overcome, battle, and follow the mantra of mind over matter, or more accurately, medicine over mind and matter.

Just reading these last few sentences, I would ask you to check into how you are feeling. Somewhat disempowered and depressed? Hardly a good way to initiate the healing process.

My second reason for using *brave* is to acknowledge the real bravery in picking up a book such as this one and embarking on a fruitful journey towards wholeness. Yes, it will require some effort, introspection, and responsibility (the best things in life often do). However, the reward, in addition to providing tools and a plan to ease your anxiety, is to rediscover your friend that is your body.

I cannot think of a better teacher than our bodies, and I cannot think of a better instructor than Elke, who will unlock the codes, clues, and signals that our bodies use to communicate to us.

If you have ever had the honour of attending one of Elke's workshops, then you are already aware of the value of this book. Personally

I have attended a number of her workshops dealing with anxiety and the brain, and found them not only informative, but life-changing. Elke is both knowledgeable and down-to-earth practical, and I was very pleased to learn of her intent to compile her list of resources into this book. You will learn how anxiety manifests, where it originates, as well as vital information to help you understand how your brain works. In short, this book aims to explain and clarify why you feel what you do, and offers you ways to manage your anxiety so that you can live a productive, happy life.

Elke's approach encompasses both *simplicity* and *complexity*. The workings of the brain and the condition of anxiety are complex, and Elke's knowledge of this is at a high level. She is able to both understand and speak the lingo of neurology, and brings the latest findings into her practice and treatment strategies. At the same time, she is able to make simple use of this knowledge. You will learn and you will know what to do with that knowledge.

I acknowledge and appreciate your decision to help yourself. Even to pick this book up and pause to read this foreword is a significant step. You have made a good choice, and I anticipate that you will use this resource again and again. In closing, I suggest that you touch your body right now, even just your arm, and know that soon you will be working with this body towards a better life and a better future. And if you have the good fortune to attend one of Elke's workshops, be sure to bring a friend — they will benefit too!

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Dr. Nick Bianchi, B.Sc. (KIN), D.C., is a chiropractor, published author, and speaker practicing in Bracebridge, Ontario. His model of health care and his clinical approach include a whole-person wellness perspective and patient education. Elke is a favourite guest speaker of his patients and of Dr. Nick as well.