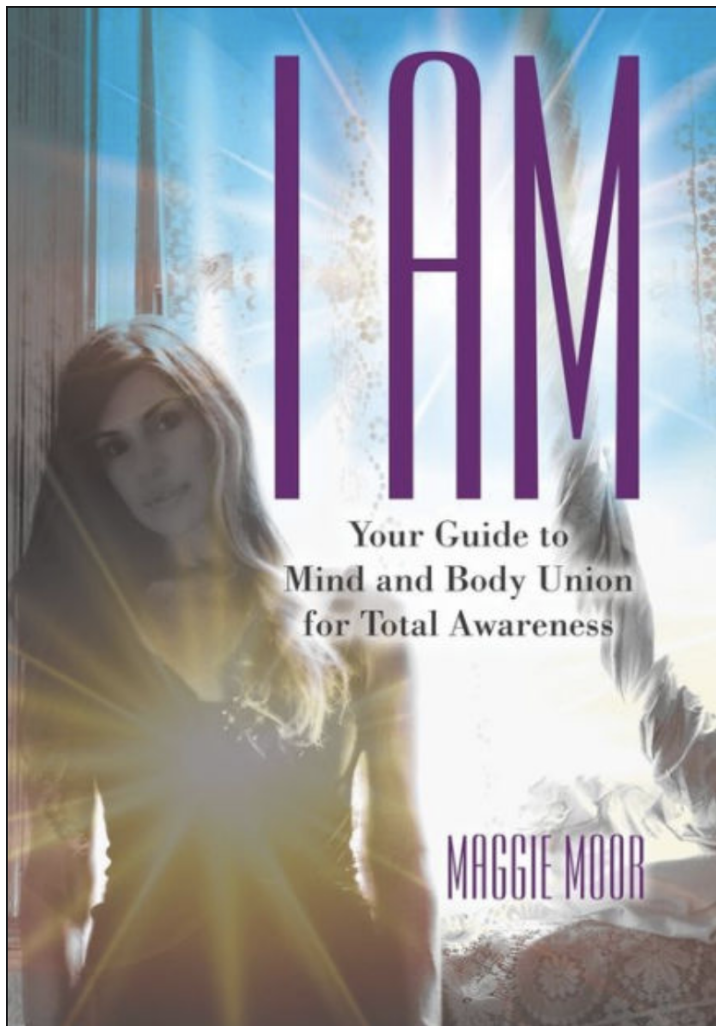


Maggie Moor

Maggie Moor is a spiritual guide, healer, psychotherapist and author of the book

I AM: Your Guide to Mind and Body Union for Total Awareness.

I AM: Your Guide to Mind and Body Union for Total Awareness - is a culmination of Moors' study of holistic health and psychoanalytic theory. Ms. Moor holds a Master's Degree and is certified to practice psychoanalytic psychotherapy from the Center for Modern Psychoanalytic Studies, NY.



-*I AM* is an inspiring and intriguing self-help guide, which will lead you to a happier life and a greater sense of awareness

-It is an Instructive manual for cultivating a harmonious coexistence between the mind and the body

-The comprehensive guide offers an exploration into and study of the psychological, metaphysical, physiological facets of the human condition

-Included are meditation and journaling exercises intended to foster a heightened sense of enlightenment in approaching day to day stressors



PRAISE

"Maggie Moor's book ***I AM: Your Guide to Mind and Body Union for Total Awareness*** - is an intimate guide to achieving the kind of emotional, spiritual, and sensual wholeness we all have the potential to reach, if we are lucky enough to find the right teacher. Drawing on her own life experience, Eastern practices of mindfulness, yoga, and sensuality, as well as contemporary Western psychoanalytic thought and brain science, this book is a uniquely personal and loving gift to all of us." – Steven Poser, Ph.D. psychoanalyst and writer

ABOUT MAGGIE

Spiritual Guide

A spiritual guide who helps you unlock the keys to your full potential in your daily life, love and career

Healer

A Healer and Reiki Master who can help you calm anxiety for mind and body spirit unity

Psychotherapist

A certified therapist (Psychoanalyst)

BIO

Maggie Moor is a certified therapist based in New York City. She has spent the past decade healing the emotionally wounded and traumatized as a psychodynamic therapist and holistic health practitioner.

In conjunction with psychotherapy the mind-body medicine practitioner borrows from her vast training in integrative health, including Buddhist meditation practice at a Varanasi Temple in India.

CONTACT

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