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*Foreword by Jack Weller By (author) Daria Halprin*

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## **Expressive Body in Life, Art and Therapy: Working with Movement, Metaphor and Meaning (Paperback) - Common** Foreword by Jack Weller By (author) Daria Halprin

Drawing on her extensive experience in expressive arts therapy, Daria Halprin presents a unique approach to healing through movement and art. She describes the body as the container of one's entire life experience and movement as a language that expresses and reveals our deepest struggles and creative potentials.

Interweaving artistic and psychological processes, she offers a philosophy and method...

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