



# **What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct**

*Martha Char Love, Robert W. Sterling*

[Download now](#)

[Read Online](#) 

[Click here](#) if your download doesn't start automatically

# What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct

*Martha Char Love, Robert W. Sterling*

## **What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct** Martha Char Love, Robert W. Sterling

Although numerous books and articles have recently talked about the gut instincts as valuable in giving us useful hunches in the decision-making process, *What's Behind Your Belly Button?* goes much further and explains how gut feelings not only have a psychological intelligence of their own, but are also understandably rational in their functioning. The authors explore how gut feelings are like a gas gauge in our guts indicating through an emotional feeling of emptiness or fullness how well the two instinctive human needs for acceptance (attention from others) and of control of one's own responses (freedom) in our lives are being met and how our behavior attempts to keep these two instinctive needs in balance at all times. They explore how these two instinctive needs motivate our personality all through our lives and that the feeling memory of how well these needs are met from moment-to-moment may be accessed through somatic awareness of our gut feelings of empty and full by using the Somatic Reflection Process the authors have developed.

In 1998, neurological research at Columbia University published the work of Dr. Michael Gershon that identified the enteric nervous system as a center of feeling intelligence in the gut, which he called the "Second Brain". The authors carefully examined this material and accepted the research findings as pointing to the same universal feeling intelligence they experienced in counseling with hundreds of people. Utilizing the medical research of Dr. Gershon, the work of Dr. Lise Eliot who charts the development of children from conception through the first five years of life, recent research of their own in the Psychology Department at Sonoma State University, and their vast clinical experience, the authors have presented an interpretation of recent medical research into a Gut Psychology and a more accurate understanding of the Self and human nature than has previously been available. They share a complete protocol and results of their clinical research findings for the Somatic Reflection Process that they have created and used successfully, with themselves and hundreds of people, to assist the process of getting in touch with the voice of the gut and learning to follow its wisdom toward a healthy life--unifying the body-mind split in the individuation process of personal development.

Over a period of 45 years, there has been a utilization of further graduate studies in Depth Psychology and Religious Education on the part of the authors, and giant steps forward in the fields of Neurology and Psychology, which help form a new more accurate image of human nature. The authors present this new image of human nature and the meaning of its understanding in making positive changes in our lives. They suggest that we are at the beginning of a Renaissance in human consciousness and that understanding our true human nature is the way to thrive in this present era. This book also discusses the implications of this new image of human nature in education and for rehabilitation of those incarcerated. The authors suggest that early in the child's learning process of personality and development, care be taken to offer the experience of freedom and acceptance to the preschooler to form a positive self-concept and to self-regulate his or her behavior as part of the learning process in becoming a loving, caring person.

After careful examination of life's processes, they conclude that of all the mammals in the animal kingdom, humans seem to be the only species that has been denied the open use of their natural instincts. "Out of

ignorance, fear or wanton control by others, we are denied the use of the brains we were born with". This awareness is of growing concern since the absence of the use of the feeling intelligence of the body interferes with a major stabilizing force--built into the human system--that can affect human behavior, provide a sense of well-being, and the ability of the body to combat disease.

 [Download What's Behind Your Belly Button?: A Psychological Persp ...pdf](#)

 [Read Online What's Behind Your Belly Button?: A Psychological Per ...pdf](#)

**Download and Read Free Online What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct Martha Char Love, Robert W. Sterling**

---

## **Download and Read Free Online What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct Martha Char Love, Robert W. Sterling**

---

### **From reader reviews:**

#### **Jessica Lantigua:**

In this 21st hundred years, people become competitive in each and every way. By being competitive at this point, people have do something to make these individuals survives, being in the middle of the crowded place and notice through surrounding. One thing that occasionally many people have underestimated it for a while is reading. Sure, by reading a book your ability to survive raise then having chance to stay than other is high. For you who want to start reading a book, we give you this kind of What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct book as beginner and daily reading reserve. Why, because this book is greater than just a book.

#### **Kelley Thornton:**

People live in this new moment of lifestyle always try and and must have the spare time or they will get large amount of stress from both daily life and work. So , if we ask do people have extra time, we will say absolutely without a doubt. People is human not just a robot. Then we inquire again, what kind of activity have you got when the spare time coming to a person of course your answer will unlimited right. Then do you ever try this one, reading publications. It can be your alternative inside spending your spare time, typically the book you have read is usually What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct.

#### **Federico Crouch:**

That reserve can make you to feel relax. This particular book What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct was colourful and of course has pictures on the website. As we know that book What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct has many kinds or style. Start from kids until adolescents. For example Naruto or Investigation company Conan you can read and think that you are the character on there. Therefore not at all of book are make you bored, any it makes you feel happy, fun and relax. Try to choose the best book to suit your needs and try to like reading that.

#### **Titus Johnson:**

Some people said that they feel bored stiff when they reading a book. They are directly felt this when they get a half portions of the book. You can choose the actual book What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct to make your own reading is interesting. Your skill of reading talent is developing when you including reading. Try to choose easy book to make you enjoy you just read it and mingle the opinion about book and reading especially. It is to be initially opinion for you to like to open up a book and study it. Beside that the guide What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct can to be your brand new friend when you're truly feel alone and confuse with the information must you're doing of

these time.

**Download and Read Online What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct Martha Char Love, Robert W. Sterling  
#V52FUR09AXN**

## **Read What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling for online ebook**

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling books to read online.

## **Online What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling ebook PDF download**

**What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling Doc**

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling Mobipocket

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling EPub

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling Ebook online

What's Behind Your Belly Button?: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct by Martha Char Love, Robert W. Sterling Ebook PDF