



# Embodied Enquiry: Phenomenological Touchstones for Research, Psychotherapy and Spirituality

*L. Todres*

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Drawing on a particular emphasis within the phenomenological tradition as exemplified by Maurice Merleau-Ponty and Eugene Gendlin, this book considers the role of the lived body as a way of knowing and being within three practical contexts that illustrate some of the nuances of embodied enquiry: qualitative research, psychotherapy, spirituality.

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