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## Act It Out

25 Acting Exercises to Heal from Childhood Abuse
Second Edition

Stefanie Auerbach Stolinsky, Ph.D.

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Includes live video
links demonstrating
each exercise

"Written with compassion and respect, *Act It Out*, invites the reader to privately begin to release old sensations that feed feelings of shame and self-doubt. For many, this book will open new doors to the possibility of beginning the journey to create the satisfying lifestyle they deserve."

—Trudy Moss, Ph.D.

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Stefanie Stolinsky, Ph.D. is a licensed psychologist with a private practice in Beverly Hills who specializes in adults sexually, physically and emotionally abused as children, trauma, and PTSD. She is also a forensic psychologist. She is a noted speaker and has taught training seminars in overcoming the aftereffects of child abuse. She has also taught licensing examinations to candidates for both marriage, family and child counseling and for the psychology licenses. She began her career as an actress in motion pictures, television and stage and created a unique therapy, combining acting exercises with psychodynamic psychotherapy to help survivors of all kinds of trauma overcome the aftereffects of abuse. The first edition of "ACT IT OUT" was a top seller for over nine years.

Dr. Stolinsky lives with her husband in Los Angeles.

Includes live video links demonstrating each exercise