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in getting past your past, francine shapiro offers us an ideal resource to understand how emdr can be used to work with our traumatic pasts. she has done a wonderful job of covering the emdr approach in a way that is conversational and accessible, and this book is a must for all practitioners. - john d. hanna, phdemdria past presidentemdria professional development & traininglondon, england shapiro's book is a welcome addition to the literature on emdr and provides a helpful overview of how emdr can be used to work with our traumatic pasts. she has done a wonderful job of covering the emdr approach in a way that is conversational and accessible, and this book is a must for all practitioners. - john d. hanna, phdemdria past presidentemdria professional development & traininglondon, england there are different ways to obtain your tax return information. most requests can be satisfied with a computer printout of your return information called a transcript. however, sometimes you need an exact copy of a previously filed and processed tax return with all attachments (including form w-2). copies are generally available for returns filed for the current and past six tax years. on jointly filed tax returns, either spouse may request a copy. only the signature from the requesting spouse is required on the form 4506, request for copy of tax return. you should complete form 4506 and mail it to the address listed in the instructions, along with a \$43 fee for each tax return requested. i am grateful to francine shapiro for having written getting past your past, a lucid and practical book for transforming people's lives and helping them to savor living in the moment. emdr is a powerfully effective treatment for overcoming the traumatic imprints of the past. - besse van der kolk mdmedical director trauma center, justice resource institutefounder, national complex trauma treatment network professor of psychiatry boston university school of medicine

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using her signature wit, courage, and an uncanny ability to explain complex concepts in straightforward language, francine shapiro tackles the challenging question of how we can free ourselves from the effects of our painful pasts. using her signature wit, courage, and an uncanny ability to explain complex concepts in straightforward language, francine shapiro tackles the challenging question of how we can free ourselves from the effects of our painful pasts. she takes us on a journey of discovery that will change the way you look at your past, your present, and the future, and that will change your life. the fao 2013 state of food insecurity in the world provides details on food price dynamics and food price volatility over the past 20 years for each country in asia and the pacific. the report indicates that food price instability has grown over the past two decades, with india having experienced the most significant increases in food price volatility. this has resulted in a significant increase in food price volatility among asian countries and the risk of food price shocks has risen, particularly in south asian countries (unescap 2012, table 4.5). the recent fao food price index for the region (unescap 2012, table 4.6) clearly shows a gradual rise in food price volatility in south asia. the recent spike in food price volatility is also evident in food price alerts (the asia pacific food price index report shows that, in 2012, the india food price index (ifpi) increased by 4.8% over the previous year (unescap 2012, table 4.3). shapiro's book is a welcome addition to the literature on emdr and provides a helpful overview of how emdr works and what it can do for people. its practical and concise chapters are well-written and include many excellent case studies. it is an excellent companion for anyone who wishes to learn more about emdr. - david lorimeremdr past presidentemdr professional development & traininglondon, england Sec8ef588b

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