



Psychological and Spiritual Factors in Martial Arts Programs for People with Physical Disabilities

Mark Kelland

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The field of psychology has a long history of addressing diversity, but people with physical disabilities remain an overlooked group. Worse, the disabilities usually mentioned in psychology courses are learning disabilities, adding to the stigma that all people with disabilities are mentally impaired. This book contains literature reviews on the psychology of people with physical disabilities, Buddhist mindfulness of body, and the application of mindfulness to martial programs designed for people with disabilities. The author spent two weeks at the Barre Center for Buddhist Studies in Massachusetts, and visited martial arts schools in Maine, Illinois, North Carolina, Nevada, and Ontario. He earned 'Advanced' rank in the American Cane System, a Black Belt and instructor's license in Defense-Ability, and certification in the C.R.I.T.I.C.A.L. Approach™. The book concludes with brief sections on positive psychology and resources for martial artists with physical disabilities.

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Psychological and Spiritual Factors in Martial Arts Programs for People with Physical Disabilities can be one of your starter books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort that will put every word into delight arrangement in writing Psychological and Spiritual Factors in Martial Arts Programs for People with Physical Disabilities yet doesn't forget the main point, giving the reader the hottest along with based confirm resource details that maybe you can be one among it. This great information may drawn you into brand new stage of crucial pondering.

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