

# Dr Nicole Lepera Books

## Slingshot Books

How to Do the Work Dr. Nicole LePera, 2021-03-09 #1 NEW YORK TIMES BESTSELLER · INSTANT INTERNATIONAL BESTSELLER From Dr. Nicole LePera, creator of the holistic psychologist—the online phenomenon with more than two million Instagram followers—comes a revolutionary approach to healing that harnesses the power of the self to produce lasting change. As a clinical psychologist, Dr. Nicole LePera often found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients—and for herself—she began a journey to develop a united philosophy of mental, physical and spiritual wellness that equips people with the interdisciplinary tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she'd learned with others—and soon “The Holistic Psychologist” was born. Now, Dr. LePera is ready to share her much-requested protocol with the world. In *How to Do the Work*, she offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction—activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell. In *How to Do the Work*, Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

**Dr Nicole Lepera 3 Books Collection Set *How to Do the Work*, *How to Be the Love You Seek* & *How to Meet Your Self*** Nicole Lepera, 2025-08-09

Reparenting the Inner Child Nicole LePera, 2026-03-26 From the internationally bestselling author of *How to Do the Work* and *How to Be the Love You Seek* comes a groundbreaking guide to healing our childhood wounds and rediscovering our full potential. As adults, we often fall into patterns that feel irrational or out of character—shutting down, lashing out, people-pleasing, or self-sabotaging. Beneath those reactions lies our inner child, a younger part of us still trying to get its needs met the only way it knows how. We all carry the imprint of our earliest years. Childhood is brief, yet its impact is lifelong. Some parts of us were met with love while other parts were met with silence, criticism, or disapproval. To survive, we learned to

adapt-learning to over perform, to hide, or stay small. Most of us made it through with a mix of love and lack. And many of us still protect the parts of ourselves that once felt unsafe. While we can't change what happened, we can change how it lives within us and impacts our lives today. Reparenting the Inner Child offers a clear, compassionate path to self-integration, combining practical exercises, somatic tools, and guided reflections to help us create the safety, love, and boundaries we've always needed. Through her holistic framework that models individual development, Dr. LePera explains how we can cultivate the emotional maturity and regulation to respond calmly instead of reacting, to embrace desire instead of shame, and to question the stories we've long believed about who we have to be. Enlightening, empowering, and clarifying, Reparenting the Inner Child is a book that will stand the test of time as a comprehensive guide for personal development and healing, and a resource that will forever change the way we understand ourselves.

*Workbook and Journal for Dr. Nicole LePera How to Do the Work* Health Issues, 2021-06-02 Description Workbook and journal for Dr. Nicole LePera How To Do The Work Information in this book is meant for educational and entertainment purposes only. This book is unofficial and unauthorized. Can only be used as a companion workbook to the main book. As a clinical psychologist, Dr. Nicole LePera often found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients--and for herself--she began a journey to develop a united philosophy of mental, physical and spiritual wellness that equips people with the interdisciplinary tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she'd learned with others--and soon The Holistic Psychologist was born. Now, Dr. LePera is ready to share her much-requested protocol with the world. In How to Do the Work, she offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction--activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell. In How to Do the Work, Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care. Use this Workbook & Journal For Dr. Nicole LePera How To Do The Work to record all your results and keep track with your healing process. Answer the questions in the Workbook to help you understand the main book. In short, here's all the help you need to put Dr. Nicole LePera's book to work for you. Why not get started today?

**How to Meet Your Self** Dr. Nicole LePera, 2022-12-06 From Dr. Nicole LePera, author of the #1 New York Times bestseller How to Do the Work, comes an interactive workbook offering a practical roadmap for self-healing. At the root of all

healing work is awakening consciousness, a process of shining light into the darkness of the unknown. In recent years, Dr. Nicole LePera has become the leading voice in psychological self-healing, helping millions of people around the world rise out of survival mode to consciously create authentic lives they love. In her first book, *How to Do the Work*, Dr. Nicole offered readers a revolutionary, holistic framework for self-healing. Now, in *How to Meet Your Self*, she shares an interactive workbook designed to help every reader uncover their Authentic Self. By objectively and compassionately observing the physical, mental, and emotional patterns that fill our days and create our current selves, we can more clearly see what we do not wish to carry into the future. We all fall into conditioned habits and patterns—products of our past—that lead to cycles of pain, stuckness, and self-destruction. But as Dr. Nicole shares, we also have the innate ability to awaken to and change the behaviors and habits that no longer serve us, allowing us to step into the highest versions of ourselves. And as you work through this book and witness these default habits, from sleep to movement to eating, through emotional reactivity and core beliefs, you will never again have to ask: “but where do I start?” *How to Meet Your Self* is a revolutionary guide, a kind and encouraging companion, and a comprehensive masterwork of self-understanding that will radically transform your inner work and outer world.

**Summary of How to Do the Work** Alexander Cooper, 2021-05-26 Summary of How to Do the Work This is a summary guide of Dr. Nicole LePera’s book titled – *How To Do The Work*. The book talks about how you can discover your pattern, forget your past and reshape yourself. This summary guide gives you a detailed x-ray of what Dr. Nicole talked about in the book. Please take note that when the term “I” is used in this guide, it is in reference to the original author. This will help you to understand her message better because it will give you a pictorial representation of what she is talking about. Take your time and go through this as well as be ready to implement the step by steps exercises recommended by Dr. Nicole LePera. Here is a Preview of What You Will Get: □ A Full Book Summary □ An Analysis □ Fun quizzes □ Quiz Answers □ Etc Get a copy of this summary and learn about the book.

**How to Be the Love You Seek** Dr. Nicole LePera, 2023-11-28 INSTANT #1 NEW YORK TIMES BESTSELLER A practical, reader-friendly, and inspiring primer on how to extend true connection and love to others.” —Gabor Maté M.D., New York Times bestselling author of *The Myth of Normal* From the author of the #1 New York Times bestseller *How to Do the Work* comes this paradigm-shifting guide to healing your relationships, beginning with the one you have with yourself. Relationships have always been essential to human survival. Our bodies and brains are programmed to seek out connection, whether familial, romantic, or platonic. And yet, these vital bonds are often at the root of our deepest suffering. While our hearts are primed for compassionate connection, our nervous systems—which store all our past hurts and disappointments—are wired for threat and negativity. For decades, leading relationship advice has maintained that successful relationships require a specific compromise—that we must change our authentic expression to better meet the

needs of others, and vice versa. It may sound reasonable in theory, but as Dr. LePera explains, this approach is nothing less than a recipe for a lifetime of resentment. In *How to Be the Love You Seek*, #1 New York Times bestselling author Dr. LePera—whose integrative, holistic approach to psychology has attracted an international audience of millions—offers a new path to healing our relationships. Harnessing the latest scientific research, she teaches us to recognize how unmet needs from our earliest relationships create our current, dysfunctional relationship patterns, and leave us in a state of constant internal threat, even with those closest to us. This book, the last in her “How To” trilogy, illuminates the way out of trauma bonds and into relationships rooted in mutual respect and compassion. In it, you will learn how to create safety in your own body and mind; identify your unmet needs; develop emotional resilience; cultivate heart coherence to build deep emotional connections with others; and maintain healthy interdependence in our communities. Whether you struggle to maintain the kinds of relationships you want, or are facing a specific challenge with a spouse, partner, parent, sibling, child, friend, or colleague—Dr. LePera teaches us how to break painful cycles and reconnect with the wisdom, appreciation, and compassion that lives in each of our hearts. It is our heart’s innate capacity to love that is the true source of all healing. When we tap into that power, we can become the love we seek. Complete with stories, exercises, journal prompts, and other practical tools, *How to Be the Love You Seek* offers a healing roadmap for all generations of cycle-breakers.

*Summary and Insights of How to Do the Work by Dr. Nicole Lepera* Wizard Of Books, 2021-05-06 SUMMARY & INSIGHTS OF HOW TO DO THE WORK: This is a summary and insights book of *How To Do The Work* and NOT the actual book. The book brings a new paradigm into the treatment and healing of and from trauma. This new paradigm is built around the concept of Holistic Psychology. Holistic Psychology approaches healing by incorporating the mind, body, and soul in what the author noted are all connected. The book discusses strategies that approach healing from various modalities such as psychology, neuroscience, mindfulness, and spirituality. Psychology in particular helps readers to evaluate and change their relationships with their thoughts and past experiences, while spirituality helps readers connect with their authentic and to the greater collective. This Summary & Insights guide is meant to supplement your understanding and knowledge about the book *How To Do The Work*. This guide is NOT the original book and it is NOT meant to replace the original book. Don't Have The Time To Read Hundreds Of Pages? NO PROBLEM! Wizard Of Books Series Is Designed To Summarize and Shed Light On The Golden Nuggets Contained In Each Book! - Even Better, You Don't Need To Spend HOURS Reading It! An Overview of what you'll discover in Wizard Of Books Summary & Insights series. \* Detailed Bird's Eye View Summary of the original book \* History and Background About The Author \* Important Takeaways from each chapter \* Chapter-by-chapter break down analysis & Synopsis \* Engaging Trivia Questions Of The Book In A Nutshell \* Trivia Questions For Each Chapter Of The Book - To Help You Retain The Understanding And Knowledge Of Important Golden Nuggets \* How you can apply it in your life and where to carry on from here! ... AND MORE!

*Summary of How to do the Work by Dr. Nicole LePera* francis thomas,2024-06-03 How to do the Work This is a summary guide of Dr. Nicole LePera's book titled - How To Do The Work. The book talks about how you can discover your pattern, forget your past and reshape yourself. This summary guide gives you a detailed x-ray of what Dr. Nicole talked about in the book. Please take note that when the term I is used in this guide, it is in reference to the original author. This will help you to understand her message better because it will give you a pictorial representation of what she is talking about. Take your time and go through this as well as be ready to implement the step by steps exercises recommended by Dr. Nicole LePera.

**Summary & Analysis of How to Do the Work** SNAP Summaries, PLEASE NOTE: This is a summary and analysis of the book and not the original book. SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way. If you are the author, publisher, or representative of the original work, please contact info[at]snapsummaries[dot]com with any questions or concerns. If you'd like to purchase the original book, please paste this link in your browser: <https://amzn.to/3wrOa66> Dr. Nicole LePera explains why we get stuck on behaviors and patterns that don't serve us and what we can do about it. What does this SNAP Summary Include? - Synopsis of the original book - Key takeaways from each chapter - How we can rewire our brains to be more accommodative of change - Why we all carry unresolved trauma, and what we can do to heal - Editorial Review - Background on Dr. Nicole LePera About the Original Book: Nicole LePera, better known as the Holistic Psychologist, has spent the better part of her professional life figuring out why conventional therapy is often frustrating—both for the client and therapist. Now, weaving together the latest research with her experience as a researcher and clinical psychologist, LePera unpacks the workings of the conscious and unconscious minds and offers the tools people can use to make and sustain positive change. Anyone struggling to change self-defeating thoughts, break destructive habits, or forge authentic relationships will find the advice she offers invaluable. **DISCLAIMER:** This book is intended as a companion to, not a replacement for, How to Do the Work. SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way. If you are the author, publisher, or representative of the original work, please contact info[at]snapsummaries.com with any questions or concerns. Please follow this link: <https://amzn.to/3wrOa66> to purchase a copy of the original book.

**How to Do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self** Nicole Lepera,2021-08-31 Korean edition of [How to Do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self] by Nicole LePera. #1 New York Times bestseller. From Dr. Nicole LePera, creator of the holistic psychologist comes a revolutionary approach to healing that harnesses the power of the self to produce lasting change. Korean edition translated by Lee Mi Jeong.

**Body Aware** Erica Hornthal,2022-08-09 An at-home mindful movement practice--cultivate resilience, dispel emotional blockages, and live your best life with the power of movement. When we talk about movement, most of us think “exercise.”

But the way we move our bodies--how we walk, roll, dance, stretch, connect, and take up space--is about so much more than physical fitness. Our movements impact our mental and emotional health...and when we change the way we move, we can change the way we live. Licensed clinical professional counselor and board-certified dance and movement therapist Erica Hornthal--aka "The Therapist Who Moves You"--takes readers on a step-by-step journey, showing how a mindful movement practice can: Help ease symptoms of depression Build a greater sense of connection and intimacy with loved ones Slow down thoughts to lessen anxiety and panic Impact how--and what--we feel Readers will learn to identify where they physically hold their emotions; understand and interpret their body's unique language; explore bodily sensations; identify emotional blockages; and upgrade harmful thought cycles to patterns that instead foster resilience, emotional regulation, and productivity. With a chapter on disability and movement diversity, Hornthal's guide begins to move dance therapy to a more inclusive, non-prescriptive space, helping each of us discover the kind of movement that works best for us. Broken into three sections, "How You Move," "How Movement is a Catalyst for Change," and "Transforming Your Life Through Movement," Body Aware is a revelatory transformational practice and an easy-to-use introduction to the mind-body power of intentional movement.

Workbook Practical: How To Do The Work: The Handbook on Holistic Healing: A Guide to Dr. Nicole LePera's Book: Recognize Your Patterns, Heal from Your Past, and Create Your Self Reads,2023-06-06

**Manifest Your Worth** Jaimee Salvato,2025-04-05 Candid, witty, and insightful with a focus on modern challenges--such as social media's impact on self-worth--Manifest Your Worth is loaded with contemporary references, examples from popular culture and well-known figures, making it relatable and engaging. If you've ever struggled with self-doubt, anxiety, imposter syndrome, or internalized trauma, this book inspires you to seek new ways to build confidence, find purpose, and remember that you're not alone. Your pursuit to live authentically can be found through a holistic approach using this genuine, actionable advice. Unlike some self-help books that focus on a single method or philosophy, Manifest Your Worth offers a diverse range of tools and perspectives. There is no doubt this book will have you feeling rejuvenated--empowered to get your life on track and your sense of worth restored.

The Book Of Becoming Josphine A. Onyango,2025-10-08 The Book of Becoming What does it mean to return to yourself after a lifetime of fragmentation? How do you hold both the child who aches and the woman who chooses, without collapsing into either? The Book of Becoming is a guide for women walking the long road of healing not toward perfection, but toward wholeness. With unflinching honesty, Josphine traces the contours of the mother wound, the ache of heartbreak, and the sovereignty that emerges when we begin to protect our nervous systems as sacred land. Drawing from somatic wisdom, spiritual practices, and the raw terrain of lived experience, this book offers language for what so many women have carried silently: the panic of falling behind, the exhaustion of caretaking, the longing for love that does not deplete. This is not a book

of quick steps or neat formulas. It is an invitation into deeper embodiment, slower rhythms, and the courage to choose yourself without apology. For every woman who has whispered, there must be more than this, here is a companion for the becoming you already carry within.

**Summary of Nicole LePera's How to Do the Work** Slingshot Books,2021-06-02 No time to read? Get the main key insights from this Summary of Nicole LePera's How to Do the Work in 23 minutes or less. A few key insights from Chapter 1: #1 Cognitive Behavioral Therapy (CBT) is a standardized approach based on the theory that our thoughts affect and cause our emotions and behaviors. CBT works to identify the thought processes that cause troubled behaviors. However, Dr. Nicole LePera found that her patients were more complex than CBT could account for. #2 Holistic psychology looks at all aspects of a person, including their biological and sociocultural backgrounds. LePera found this extremely enlightening when looking at substance-abuse patients. She recognized their addiction included cycles of emotions, like always avoiding or seeking out certain emotions when dealing with trauma. #3 When LePera opened her own holistic psychology practice, she immediately began to see a pattern in her clients. All of them had underlying physical symptoms along with their own psychological issues. LePera found the connection startling, yet it was deemed unscientific by mainstream Western medicine. #4 Since the twentieth century, mainstream Western medicine has believed in genetic determinism, which states that our genes, along with any subsequent health problems, are determined at birth. It seemed extremely fatalistic to LePera, as all she could do for her patients was recommend them to psychiatrists for drug therapy.

**Summary of How to Do the Work** Summary Guru,2021-03-13 How to Do the Work -Summary **DISCLAIMER** This is an independent publication by Summary Guru. It is not written by Dr Nicole LePera. If you are looking for Nicole's book don't buy this one. From Dr. Nicole LePera, creator of the holistic psychologist--the online phenomenon with more than two million Instagram followers--comes a revolutionary approach to healing that harnesses the power of the self to produce lasting change. As a clinical psychologist, Dr. Nicole LePera often found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients--and for herself--she began a journey to develop a united philosophy of mental, physical and spiritual wellness that equips people with the interdisciplinary tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she'd learned with others--and soon The Holistic Psychologist was born. Now, Dr. LePera is ready to share her much-requested protocol with the world. In How to Do the Work, she offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction--activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled,

and unwell. In *How to Do the Work*, Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

**Nicole Lepera Self-Healing Journal** BeautifulLife Press, 2021-03-19 If you: \* love one of the most popular psychologists in social media, dr. Nicole LePera or \* are a person following your healing journey against all odds \* love to perform a self-exploration and \* you think about jotting down your most important notes related to your daily thoughts then this journal is for you. *Nicole LePera Self-Healing Journal: A 52 Week Journal*, includes Nicole LePera's verses, reflections, and quotes on healing the past, creating your self, to guide your walk and strengthen your faith so that you can EMPOWER yourself EVEN MORE. \* A perfect companion for individual worship or planning your new better year after a pandemic. \* A generous 6 x 9 trim size with plenty of space to write \* Two full pages for each week of the year split into days \* Original quotes on every second page by the creator of the holistic psychologist-- the online phenomenon with more than two million Instagram followers Each week includes: \* A Quote: An inspiring verse to reflect and meditate on throughout your week, giving you time to memorize the verse and ingrain it into your heart and soul \* A Page with space split into days of the week to record 3 things you are thankful for each day of the week and a weekly checkpoint - a good cup of coffee, the smell of rain, starting a good book - you begin each day on the right note. What is more, you can write down your plan and actions every week, so you can see how being gratitude helps you in your life throughout the course of a year. → A PERFECT GIFT: Whether buying for yourself or others, our notebooks make the perfect gift. Notebooks are great for daily journaling or taking notes on the go. → CONVENIENT SIZE: Our 6 x 9 notebooks are the perfect size to fit your journaling or note-taking needs. → QUALITY MATERIALS: Notebook includes 108 pages (54 sheets) of durable paper. I wish you all the best, and I hope this journal will be a great beginning of pivoting your life for the better. A LIFE HACK: You can also grab a copy for a friend and share the journey together! :)

**SUMMARY of How to Do the Work** Beezy Press, 2021-03-24 This is a SUMMARY book of the main book - *How to Do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self* by Dr. Nicole LePera Here in this book, you will get: Chapter Wise Summary of the main content. Quick & Easy Understanding Content. Extraordinarily Summarized Content that you SKIP Nothing. Dr. Nicole LePera, a psychologist, created a unified theory of emotional, physical, and spiritual health that provides people with the interdisciplinary resources they need to heal themselves. She provides a manifesto for Self-Healing as well as an important guide to living a more colorful, genuine, and joyful life on *How to Do the Work*. So, What are you WAITING for? GET THIS BOOK NOW!!!

*Unblock Your Purpose* Francesca Sipma, 2024-11-26 After a fast-paced decade in advertising and marketing in New York City, Francesca Sipma felt something fundamental was missing, so she left her job and traveled the world to discover what it



was. That thing was true purpose, the often-ignored inner need everyone has to fulfill their destiny. And Francesca found it through conscious breathwork. Based on her experience, Francesca developed hypnobreathwork to deploy the power of breath, hypnosis, and visualization to rewire the mind. Unblock Your Purpose presents an accessible, efficient process to identify old habits, clear blocks, change your life, and achieve peak performance. Blending spirituality with the modern business world, science with emotion, logic with intuition, and surrender with discipline, Francesca's debut book is a radical and accessible guide to using breathwork to achieve flow state and discover your purpose for success and fulfillment.

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## **Dr Nicole Lepera Books Introduction**

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Dr Nicole Lepera Books free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and

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