

Maggie Moor

**Psychoanalyst, Self Help Health and Wellness Mentor at Treatment Service
NYC**

New York City, NY, US

Author of "I AM: Your Guide to Mind and Body Union for Total Awareness"

Maggie Moor is a visionary, healer, psychotherapist and author of "I AM: Your Guide to Mind and Body Union for Total Awareness." Ms. Moor has spent the past ten years studying and developing ways of helping people heal trauma and connect to their internal emotional lives and their natural sources of energy and power. She devoted several years to the study of Buddhist meditation practice, which included a concentrated study at a Varanasi Temple in Northwestern India. Maggie Moor lives in New York where she has counseled individuals in Eastern Spirituality, Yoga, and Integrative Mind and Body Therapy for ten years, specializing in working with people who experience difficulties in intimacy and in their relationships. Ms. Moor has a Masters and certification to practice psychoanalytic psychotherapy from the Center for Modern Psychoanalytic Studies, NY. Her psychoanalytic paper, "Coloring Outside the Lines: Sadomasochistic Defense and the Search for Identity," was nominated for the NAAP Gradiva Award. She has worked at The Treatment Service with patients recovering from anxiety, and at Rikers Island facilitating groups for women recovering from trauma and addiction. In her spare time, Ms. Moor is a three-time National Figure Competitor, a Jazz-Rock singer/ songwriter and fiction novelist. Maggie Moor's real love is simply finding serenity through the sensation and experience of the now.

Integrative Mind and Body Therapy, Eastern Spirituality, Psychoanalytic Psychotherapy, Yoga

Center for Modern Psychoanalytic Studies
Certification Psychoanalysis

NAAP Gradiva Nominee

Nominated for her student paper titled, "Coloring Outside the Lines: Sadomasochistic Defense and the Search for Identity"

Steven Poser, Ph.D.

"Maggie Moor's "I AM: Your Guide to Mind and Body Union for Total Awareness" is an intimate guide to achieving the kind of emotional, spiritual, and sensual wholeness we all have the potential to reach, if we are lucky enough to find the right teacher. Drawing on her own life experience, Eastern practices of mindfulness and yoga, as well as contemporary Western psychoanalytic thought and brain science, this book is a uniquely personal and loving gift to all of us."

Laurie Handlers

"I have known Maggie Moor for years and watched her bloom into an amazing guide. She is tender and wise, and offers her own gentle insights, along with practical and meaningful exercises for healing and awakening the body/mind union. I will be sharing 'I AM: Your Guide to Mind and Body Union for Total Awareness' with the many people I know longing for spiritual and emotional understanding of psychical blocks and energetic empowerment."

Kate Lardner

"Maggie Moor has a voice unlike any I've ever encountered. Both hip and illuminating. A voice that lifts the mind to a place it's never been."

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