

Sarit Zeltzer

## The Art of Feeling at Home

In times of rapid change, social pressure, and instability in both physical and digital realms, the need for transcultural approaches to managing stress and achieving a harmonious work-life balance has never been more vital. This book explores how mindfulness and creativity can transform individual and collective trauma into growth, blending step-by-step mindful practices, creative expression, and the timeless narrative of the “hero’s journey”.

Through personal storytelling, practical exercises, and reflections on coping, this book offers tools for self-discovery and resilience. QR codes provide access to meditations and exercises, enhancing the reader’s journey towards deeper transformation. Art therapists will find innovative methods to incorporate into their practice, embracing the art of feeling at home within oneself and fostering a renewed sense of inner peace and belonging.

*The Art of Feeling at Home* is a uniquely exciting manuscript inspired by the personal journey of the author that also weaves in the old wisdom of mindfulness and compassion with current psychological practices and creative expression. The book offers valuable tools for practitioners, particularly art therapists seeking to integrate mindfulness and creativity in their work. I thoroughly enjoyed it and happily recommend it to anyone struggling with everyday life’s ebbs and flows.

Dr. Rony Berger, Educational Director, Center for Compassionate Mindful Education,  
Tel Aviv University

### The Author

Sarit Zeltzer is a professional arts psychotherapist specializing in trauma therapy with advanced mindfulness and crisis intervention practice. Her personal path led her from being an active artist and designer to practicing meditation and creative expression for healing. With over 20 years of emotional therapy experience and 30 years of meditation practice, she teaches mindfulness and creativity by integrating them into her therapeutic work with individuals and groups.

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A Practical Mindfulness and Creativity Framework  
for Resilience and Growth after Trauma



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