

## [Health And Therapy Links](#)

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**Contact:** <https://www.Eadent.com/Contact>

**Web Site(s):**

0. <https://Therapy.Rapture.global/>
1. <https://www.Rapture.global/>

**Credits:** My Therapist, Felicity Fanning, is the main person I would like to Credit for this Information and the Inspiration for the Document in the first place. I would also like to thank my Sister, Joan Duffy, and my Brother-In-Law, Gary Boyle.

**Revisions:**

Revision	Date	Description
0.0	22-April-2021	Document Created.
0.1	24-April-2021	Removed My Mobile Phone Number and Updated some Links.
0.2	30-April-2021	Annotated some Links and added some new Links.
0.3	30-April-2021	Renamed the Document to reflect it's full nature.
0.4	30-April-2021	Updated the Contact approach.
0.5	30-April-2021	Added some more Links.
0.6	4-May-2021	Added some more Links.
0.7	6-May-2021	Added another Link.
0.8	11-May-2021	Modified the Terms Section and added more Links.

**Terms:**

**E&OE** Errors And Omissions Excepted.

**FOI** Freedom Of Information.

**GMT** Greenwich Mean Time.

**IMHO** In My Humble/Honest Opinion.

**IST** Irish Summer Time (UTC + 1).

**UTC** [Universal Coordinated Time, whereby GMT is UTC + 0, for example.](#)

**Note:**

All Links here are in addition to those available at <https://Therapy.Rapture.global/Preliminary/>, which are/were mostly inspired and/or provided by Felicity Fanning.

**A Special Link:**

0. International Help Me Sign:
  - a. <https://www.youtube.com/watch?v=CU0vg-TvgxY>

**Suggested By Felicity Fanning:**

0. Overcoming Sleep Problems:
  - a. <https://www.youtube.com/watch?v=YV1S01Fbsr4>

**Suggested By Joan Duffy:**

0. What is Asperger Syndrome?:
  - a. <https://www.aspireireland.ie/cmsWP/whatisaspergersyndrome/>
1. Famous People with Asperger Syndrome:
  - a. <https://blog.ongig.com/diversity-and-inclusion/famous-people-with-aspergers-syndrome/>
2. Asperger Syndrome: Life on the Spectrum:
  - a. <https://www.youtube.com/watch?v=raAeQtnz8k0>
3. The Choice Point By Dr Russ Harris:
  - a. <https://www.youtube.com/watch?v=vKE9e8pgrg8>
4. Dr. Dan Siegel's Hand Model of the Brain:
  - a. <https://www.youtube.com/watch?v=f-m2YcdMdFw>
5. .b Beditation by MiSP:
  - a. <https://www.youtube.com/watch?v=T5ut2NYdAEQ>
6. RCSI: Public course: The Science of Health and Happiness (3 March - 31 August 2021):
  - a. <https://www.rcsi.com/dublin/news-and-events/events/event/2021/science-of-health-and-happiness>
7. RCSI: The Science of Health and Happiness (Valid: 11-May-2021):
  - a. <https://www.rcsi.com/dublin/about/faculty-of-medicine-and-health-sciences/centre-for-positive-psychology-and-health/science-of-health-and-happiness>
8. RCSI: YouTube Meditations Playlist [Note: All Male Vocal] (Valid: 11-May-2021):
  - a. [https://www.youtube.com/playlist?list=PL6DbJmB3fDQp\\_vwTqepv7LDjx3UqB2Ht5](https://www.youtube.com/playlist?list=PL6DbJmB3fDQp_vwTqepv7LDjx3UqB2Ht5)
9. Pain Trainer (Valid: 11-May-2021):
  - a. <https://www.paintrainer.org/>

### **Suggested By Gary Boyle:**

0. Parkinson's Association Of Ireland:
  - a. <https://www.parkinsons.ie/>
1. Move4Parkinson's:
  - a. <https://www.move4parkinsons.com/>
2. Early Onset Parkinson's Disease:
  - a. <https://eopd.ie/>
3. Parkinson's UK:
  - a. <https://www.parkinsons.org.uk/>
4. PD Avengers:
  - a. <https://www.pdavengers.com/>
5. European Parkinson's Disease Association:
  - a. <https://www.epda.eu.com/>

### **My (Éamonn Anthony Duffy) Suggestions For Female Voice Guided Visualisations:**

0. Global Duffy Rapture: YouTube Playlist on Female Voice Guided Visualisations With Music:
  - a. <https://www.youtube.com/playlist?list=PL2k0GWLbM6sGAwYx9OC9ZLGk-flYbw0Yt>
1. Total Relaxation Guided Meditation Body Scan Sleep Hypnosis Female Voice with Music Beautiful Ocean:
  - a. <https://www.youtube.com/watch?v=ACKxBbCBOfy&list=PL2k0GWLbM6sGAwYx9OC9ZLGk-flYbw0Yt&index=1>
2. Guided Meditation for Relaxation. (Female Voice).:
  - a. <https://www.youtube.com/watch?v=NuL2qcO09tA&list=PL2k0GWLbM6sGAwYx9OC9ZLGk-flYbw0Yt&index=2>

E&OE