[**Health And Therapy Links**](https://Therapy.Rapture.global/Preliminary/)

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**Web Site(s):**

1. <https://Therapy.Rapture.global/>
2. <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:**

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| --- | --- | --- |
| **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](https://www.timeanddate.com/time/aboututc.html).

**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:**

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

**Suggested By Felicity Fanning:**

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

**Suggested By Joan Duffy:**

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

**Suggested By Gary Boyle:**

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

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

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

E&OE