

## Many Lives Many Masters

Beschrijving van de spirituele groei van de menselijke ziel tussen de verschillende levens.

Vijf niveaus van gehechtheid van Don Miguel Ruiz jr., vol eeuwenoude Tolteekse wijsheid, moedigt ons aan om onze overtuigingen los te laten en ons authentieke zelf te worden. Eeuwenoude Tolteekse Wijsheid Onbewust hebben we met onszelf afspraken gemaakt die onze realiteit creëren en onze toekomst beïnvloeden. We kunnen leren deze gehechtheden los te laten en te worden wie we werkelijk zijn. Er zijn verschillende niveaus van gehechtheid, variërend van enthousiasme tot identificatie en fanatisme. We realiseren ons niet dat onze gehechtheid aan bepaalde overtuigingen een masker is dat we af kunnen zetten. Doen we dat wel, dan ontdekken we ons authentieke zelf en zijn we vrij om onze levensopdracht te verwezenlijken.

In his revolutionary book *Miracles Happen*, Brian Weiss M.D., the New York Times bestselling author of *Many Lives, Many Masters*, examines the physical, emotional, and spiritual healing that is possible when you freely accept and embrace the reality of reincarnation. Trained as a traditional psychotherapist, Dr. Weiss began to explore how reincarnation and past life regression can lead us to our higher selves after a startling encounter with a patient. Now a leading proponent of past-life therapy, Dr. Weiss shows us that, indeed, *Miracles Happen*, with seemingly incredible but true stories that demonstrate how, by getting in touch with and understanding our past lives, we can dramatically improve the present.

The noted past-life therapist and author of *Many Lives, Many Masters* discusses his work with future life progression, drawing on dozens of case histories to explain how the choices that are made in one's present life impact the quality of future lives and revealing the benefits of progression therapy as a healing tool for present-life conditions. 100,000 first printing.

'Osebol' van Marit Kapla gaat over het gehucht Osebol, dat in een prachtig, bosrijk gebied ligt ongeveer 400 kilometer ten noordwesten van Stockholm. Met het verdwijnen van de plaatselijke houtindustrie in de jaren vijftig van de vorige eeuw begon een gestage uittocht uit het dorp richting de stad. De winkels zijn inmiddels dicht, de skipiste is met onkruid overwoekerd, de brug over de rivier is gesloten voor verkeer. Maar het leven in Osebol gaat door – voor de honkvaste nazaten van eeuwenoude boerengeslachten, en voor de nieuwkomers uit nabije en verre landen. Journalist Marit Kapla groeide op in Osebol, vertrok als tiener naar de stad en keerde een paar jaar geleden terug om poolshoogte te nemen. In een eigenzinnige, poëtische vorm laat ze de stemmen klinken van de ongeveer veertig volwassen inwoners van Osebol – over het alledaagse leven in het dorp, over hun herinneringen aan het verleden, hun dromen en angsten voor de toekomst. Het resultaat is dit unieke documentaire treurdicht voor een verdwenen dorpsgemeenschap.

As a traditional psychotherapist, Dr. Brian Weiss was astonished and skeptical when one of his patients began recalling past-life traumas that seemed to hold the key to her recurring nightmares and anxiety attacks. His skepticism was eroded, however, when she began to channel messages from the "space between lives," which contained remarkable revelations about Dr. Weiss' family and his dead son. Using past-life therapy, he was able to cure the patient and embark on a new, more meaningful phase of his own career.

Deze waarheden is de briljante weerslag van de bewogen geschiedenis van de Verenigde Staten. In fonkelend proza beschrijft Jill Lepore de worsteling van Amerika met haar eigen historie en met de fundamentele waarheden waarop zij als natie is gebouwd: gelijkheid van alle mensen, soevereiniteit, en het recht op leven, vrijheid en het streven naar geluk. Dit boek voorziet die worsteling van historische context. Een erudiete, messcherpe analyse van de Amerikaanse politiek, het recht, de journalistiek, de technologie, de erfenis van de slavernij, de blijvende ongelijkheid. Bekende en onbekende Amerikanen bevolken het relaas: presidenten en schurken, rijken en armoedzaaiers, wetenschappers en kunstenaars – en dragen bij aan Lepore's meeslepende verhaal.

DESCRIPTION OF THE ORIGINAL BOOK: In this book, Brian Weiss relates about an experience that completely changed his life. The work includes the treatment of Catherine, one of his patients, with whom he developed hypnosis therapy after having failed for almost a year with conventional methods. In a state of deep trance, the young woman remembered her previous lives and freed herself little by little from the traumas that were the key to her disorders.

Catherine was completely cured. But the greatest success of this therapy was what the therapist learned, and his discoveries and verified truths that changed his way of seeing human life. This work constitutes a meeting point between science and metaphysics in which the subjects of reincarnation and life after death merge. Focused on an extremely interesting subject, the author achieves with a simple and clear style, reflection and the opening of thought.

La historia real de un psiquiatra, su joven paciente y la terapia de regresión que cambió sus vidas para siempre. Un punto de encuentro entre ciencia y metafísica. El doctor Brian Weiss, jefe de psiquiatría del hospital Mount Sinai de Miami, relata en éste, si primer libro, una asombrosa experiencia que cambió por completo su propia vida y su visión de la psicoterapia. Una de sus pacientes, Catherine, recordó bajo hipnosis varias de sus vidas pasadas y pudo encontrar en ellas el origen de muchos de los traumas que sufría. Catherine se curó, pero ocurrió algo todavía más importante: logró ponerse en contacto con los Maestros, espíritus superiores que habitan los estados entre dos vidas. Ellos le comunicaron importantes mensajes de sabiduría y de conocimiento. Este relato, profundamente conmovedor, punto de encuentro entre ciencia y metafísica, constituyó un extraordinario best seller y sigue siendo de obligada lectura en un mundo convulsionado, en especial para los que buscan un sentido espiritual. ENGLISH DESCRIPTION The true story about a psychiatrist, his young patient, and a regression therapy that changed their lives forever. It is a meeting point between science and metaphysics. Dr. Brian Weiss, head of psychiatry at the Mount Sinai hospital in Miami, narrates in this his first book, the astounding events that change his life and his vision of what is psychotherapy. Catherine, one of his patients, while under hypnosis was able to find many of

her past lives and there, found the origins of various of the traumas that she was currently going through. Catherine was cured, but something even more important happened: she managed to get in touch with the Masters, higher spirits that live in between two lives; they passed down important messages of wisdom and knowledge to her. This deeply moving story and a meeting point between science and metaphysics, was an extraordinary best seller and continues to be a must-read in a troubled world, especially for those who seek spiritual guidance.

A "beautiful and sensitive" tale of true love that transcends time, from the multi-million bestselling author of *Many Lives, Many Masters* (Gary Zukav, author of *Seat of the Soul*). Recommended by Kendall Jenner. In *Many Lives, Many Masters*, a skeptical Dr. Brian Weiss found his life changed profoundly after curing a patient using past-life therapy. Now he takes his research into transcendental messages one breathtaking step further. He portrays two strangers, Elizabeth and Pedro, who are unaware that they have been lovers throughout the long centuries -- until fate brings them together again. He shows how each and every one of us has a soulmate whom we have loved in past incarnations and who waits to reunite with us now. And he opens up entirely new worlds for all of us everywhere, based on a single, powerful truth...

In `Spreeken met liefde, luisteren met compassie laat Thich Nhat Hanh zien dat mindful communiceren bijdraagt aan een betere wereld. Aandachtig communiceren houdt in dat je vol begrip naar jezelf en anderen luistert, en met inzicht spreekt. Daarvoor is het nodig dat je opmerkzaam bent en bewust ademt. Mindful communiceren verzacht pijn en lijden; liefde en compassie nemen toe. Dat levert momenten van vreugde en geluk op. Aandachtige communicatie werkt helend in relaties, op de werkvloer en in de samenleving. Kortom: zo communiceren draagt bij aan een betere wereld.

"Hindi Edition of 'Many Lives, Many Masters' Psychiatrist Dr Brian Weiss had been working with Catherine, a young patient, for eighteen months. Catherine was suffering from recurring nightmares and chronic anxiety attacks. When his traditional methods of therapy failed, Dr Weiss turned to hypnosis and was astonished and skeptical when Catherine began recalling past-life traumas which seemed to hold the key to her problems. This fascinating case dramatically altered the lives of Catherine and Dr Weiss, and provides important information on the mysteries of the mind, the continuation of life after death and the influence of our past life experiences on our present behaviour."

In *Many Lives, Many Masters*, Brian Weiss opened an unexpected door into the astonishing realm of past-life regression. Now he reveals the miraculous potential of love. You'll hear the intimate and startling testimonies of real people who express a profound but simple truth—one that comes from the eternal souls around us. You'll discover what happens to us after we die, strategies for fighting anxiety and healing relationships, and the role of God and self-determination. You'll explore exercises and meditations to tap into the power of love and utterly transform your life. The Messages from the Masters are here. Are you ready for them?

A few years ago, psychiatrist Brian Weiss was approached for treatment by Catherine, a 27-year-old suffering from anxiety, depression, panic attacks and phobias.

Eliminating Stress, Finding Inner Peace is an important step on the healing journey. Stress kills—there's no doubt. It eats away at you, affecting your level of happiness, as well as your stomach lining. It raises your blood pressure and directly harms your cardiovascular system. It depresses your immune system and allows chronic illnesses to overwhelm you—causing pain, disability, and even death. Basically, stress prevents you from experiencing life's many pleasures. Stress is a mental state that can cause severe negative emotional and physical consequences. It can be entirely eliminated, or at least greatly lessened, by adjusting our understanding and attitudes, and by learning simple, yet very effective, relaxation techniques. This book, with its accompanying stress-reduction audio download, will help you deeply relax.

It will enable you to release the acute and chronic tension you constantly carry in your body and mind. It can also help you remove the blocks and obstacles to your inner peace and contentment, and prevent stress-related illness and disease. To heal yourself in this manner is an act of self-love, because you're taking the time and expending the energy to work on yourself physically and emotionally, thereby bringing more joy into your life. You'll find that regular practice with the audio will produce profound, long-lasting results.

The New York Times bestselling author of *Many Lives, Many Masters*, Brian Weiss MD delivers a powerful revolutionary teaching on the physical, emotional and spiritual healing available to all through embracing the reality of reincarnation. Filled with incredible true stories, *Sometimes Miracles Happen* is a remarkable teaching tool that can be used by all to improve their lives, to evolve along their spiritual paths, to experience more joy, love and happiness in the present moment, and to ultimately understand that there is no need to fear death as we are all immortal and innately spiritual beings. Dr Brian Weiss' conversion from skepticism towards reincarnation to confirmed belief has had a profound effect worldwide. Now Brian's readers complete the cycle as they explain how his works allowed them to understand the 'space between lives'. Each story is used to illustrate practical lessons for how you too can comprehend this revelation and draws upon Brian's and his daughter Amy's practices as past-life regression experts. Our past lives are the key to a blissful, secure future and this book is the ultimate guide from two of its top practitioners.

**Many Lives, Many Masters**  
The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives  
Simon and Schuster

Vind de hemel op aarde met Anita Moorjani's nieuwe boek! In *Wat als dit de hemel is?* gaat Anita Moorjani in op de sociale mythes in onze hedendaagse samenleving. Gevoelens van angst, schaamte en schuldgevoel worden ons opgelegd door onze cultuur. Moorjani leert je afscheid te nemen van deze gevoelens, leidt je naar je ware identiteit en geeft je zelfvertrouwen. Moorjani bespreekt tien verschillende mythes, waaronder: Je krijgt je verdiende loon Van jezelf houden is egoïstisch Vrouwen zijn het zwakke geslacht Moorjani ontkracht deze mythes door middel van persoonlijke verhalen en inzichten. Zo leert ze je de betekenis van onvoorwaardelijke liefde en hoe je van jezelf kunt houden. Ook staan er praktische tips en oefeningen in het boek waarmee je aan de slag kunt. Hiermee leer je de hemel op aarde te vinden! 'Anita's verhaal geeft je een hernieuwd besef van wie je werkelijk bent en hoe je elke angst en zelfkritiek in je leven kunt overstijgen.' Dr Wayne W. Dyer Over de auteur Anita Moorjani werkte jarenlang in het zakenleven tot ze in april 2002 te horen kreeg dat ze terminale kanker had. Haar bijzonder genezing in 2006 heeft haar leven enorm veranderd. Ze schreef haar eerste boek *Ik moest doodgaan om mezelf te genezen*. Moorjani houdt zich tegenwoordig bezig met het delen van de inzichten die ze kreeg door haar bijna-doodervaring. Op Moorjani's website kun je meer lezen over haar bijna-doodervaring. Volg ook Anita Moorjani's Facebookpagina met haar inspirerende quotes!

'Ieder mens heeft een aangeboren talent om te leren en te healen,' aldus Doreen Virtue. Zij had al op heel jonge leeftijd haar eerste ervaring met de hulp die engelen kunnen bieden, toen ze haar meest gekoesterde bezit verloor: een rood

portemonneetje met haar dierbaarste dingetjes. Ze bad dat het tasje veilig bij haar terug zou komen en toen ze de volgende ochtend wakker werd, lag het naast haar op haar kussen. In Het pad van de lichtwerker neemt Doreen Virtue je mee op een spiritueel avontuur, waarbij ze aan de hand van haar eigen levensverhaal vertelt hoe haar helende vermogens en helderziendheid tot bloei kwamen. Ze schrijft: 'Dit is een boek over mijn eigen ontwikkelingsweg, waarop ik me opnieuw bewust werd van mijn identiteit en mijn vermogens als lichtwerker. Het doel van dit boek is je te helpen je je eigen goddelijke opdracht en natuurlijke spirituele vermogens te herinneren.' Dit boek is voor iedereen die zich bewust wil worden van zijn of haar aangeboren gaven, zoals het vermogen om op spiritueel en energetisch niveau te helen en voor anderen in het verleden, het heden en de toekomst te kijken.

Dr. Brian Weiss, author of *Many Lives, Many Masters* presents a new book to help with the practice of meditation (audio download is also included to help guide people through the process). *Meditation: Achieving Inner Peace and Tranquility in Your Life* includes the techniques Dr. Weiss uses on his patients, many of whom have conquered insomnia, phobias, anxieties, weight issues, and disease. Meditation can also lower blood pressure, strengthen the immunological system, and reduce stress.

Describes the case of a young woman suffering from anxiety attacks, explains how hypnosis revealed her memories of past lives, and discusses the usefulness of regression therapy

Voorbij de ijsgrens van Preston & Child is een Gideon Crew thriller, geschreven door de #1-bestsellerauteurs van de Pendergast-thrillers. De vloek van het oerwoud en De gruwelkamer worden gerekend tot de honderd beste thrillers aller tijden. In Voorbij de ijsgrens blijkt een mysterieuze meteoriet een gevaar voor de toekomst van de aarde. Lukt het Gideon Crew om deze allesvernietigende buitenaardse steen tegen te houden? 'Het duo dat altijd garant staat voor spanning en sensatie is terug met een opwindend en intrigerend verhaal dat ook nog eens stevig de vaart erin heeft.' *Suspense Magazine* 'Het soort boek dat zich ervoor leent om verfilmd te worden.' *Kirkus Review*

In *Many Lives, Many Masters* (1988, 2008), psychiatrist Brian L. Weiss describes his treatment of a young woman to show how medical science has only begun to comprehend the mysteries of human existence. In 1980, Weiss began to see Catherine, a 27-year-old lab technician employed by the hospital where he practiced, for debilitating fears that included drowning, choking, and the dark... Purchase this in-depth summary to learn more.

Demonstrates how to use past-life therapy to heal specific problems, offering alternatives to conventional therapies for depression, back pain, eating disorders, marital problems, and more

The book that sheds new light on reincarnation and the extraordinary healing potential of past life and hypnotic regression therapy, from the New York Times bestselling author of *Many Lives, Many Masters*. Brian Weiss made headlines with his groundbreaking research on past

life therapy in *Many Lives, Many Masters*. Now, based on his extensive clinical experience, he builds on time-tested techniques of psychotherapy, revealing how regression to past lifetimes provides the necessary breakthrough to healing mind, body, and soul. Using vivid past life case studies, Dr. Weiss shows how regression therapy can heal grief, create more loving relationships, uncover hidden talents, and ultimately shows how near death and out of body experiences help confirm the existence of past lives. Dr. Weiss includes his own professional hypnosis, dream recall, meditation, and journaling techniques for safe past life recall at home. Compelling and provocative, *Through Time Into Healing* shows us how to help ourselves lead healthy, productive lives, secure in the knowledge that death is not the final word and that the doorways to healing and wholeness are inside us.

*Many Lives, Many Masters: The True Story of a Psychiatrist, His Young Patient, and Past-Life Therapy* by Brian L. Weiss | Book Summary | Abbey Beathan (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link: <http://amzn.to/2DORooP>) The story about how a skeptical doctor discovered evidence on past lives and developed a method using them to cure his patients. There are many stories about how a skeptic turns into a believer but this one stands out. A skeptical doctor was astonished when he discovered one of his patients recalling past-life traumas. Those wounds from the past seem to be responsible of his recurring nightmares and anxiety attacks. Doctor Weiss manages to channel his new knowledge and develop a method called "past life regression" which recovers memories of incarnations in order to address them and cure the patient of his traumas. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) "For truly we are all angels temporarily hiding as humans." - Brian L. Weiss After discovering about past lives, Brian L. Weiss entered a new phase in his career; one that would use memories from the past lives of patients in order to heal them. His method of hypnosis worked so he started heading in a new path in order to help each one of his patients. His work in parapsychology is outstanding and his method of past life regressions is brilliant. Definitely a book worth reading. A skeptic doctor discovered evidence that baffled him and change his mind about reincarnation. P.S. *Many Lives, Many Masters* is an amazing book that shows us a new approach on psychological treatment. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before FREE 2 Page Printable Summary BONUS for you to paste in on your office, home etc Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book, search for this link: <http://amzn.to/2DORooP> "One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge" - Abbey Beathan

El doctor Brian Weiss -- psiquiatra del hospital Mount Sinai de Miami, EE.UU.—relata en este libro su experiencia con Catherine, una paciente a quien trato bajo hipnosis, luego de intentar sin exito durante un ano la terapia convencional. En estado de trance profundo -- solo un 15% de los hipnotizados logran llegar a este -- Catherine recordo sus vidas anteriores y revivio sus traumas que eran la clave de sus constantes pesadillas y su ansiedad, comenzando cuando se llamaba Aronda, en Egipto, 18 siglos antes de Cristo. El escepticismo del doctor comenzo a diluirse cuando Catherine empezo a dar muestras de la existencia de "espacios entre una vida

y otra," con sorprendentes acerca de la familia del Dr. Weiss y de su hijo fallecido. Al utilizar una terapia de "vidas pasadas" el Dr. Weiss pudo curar a esta paciente y avocarse a una nueva y mas significativa fase de su carrera.

True experiences of a psychiatrist while treating his youngest patient, Catherine, b. 1952 or 3-, who was suffering from mental troubles of the past.

Many Lives, Many Masters: The True Story of a Psychiatrist, His Young Patient, and Past-Life Therapy by Brian L. Weiss Book Summary Abbey Beathan (Disclaimer: This is NOT the original book.) The story about how a skeptical doctor discovered evidence on past lives and developed a method using them to cure his patients. There are many stories about how a skeptic turns into a believer but this one stands out. A skeptical doctor was astonished when he discovered one of his patients recalling past-life traumas. Those wounds from the past seem to be responsible of his recurring nightmares and anxiety attacks. Doctor Weiss manages to channel his new knowledge and develop a method called "past life regression" which recovers memories of incarnations in order to address them and cure the patient of his traumas. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) "For truly we are all angels temporarily hiding as humans." - Brian L. Weiss After discovering about past lives, Brian L. Weiss entered a new phase in his career; one that would use memories from the past lives of patients in order to heal them. His method of hypnosis worked so he started heading in a new path in order to help each one of his patients. His work in parapsychology is outstanding and his method of past life regressions is brilliant. Definitely a book worth reading. A skeptic doctor discovered evidence that baffled him and change his mind about reincarnation. P.S. Many Lives, Many Masters is an amazing book that shows us a new approach on psychological treatment. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. "One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge" - Abbey Beathan

DESCRIPTION OF THE ORIGINAL BOOK In this book, Brian Weiss relates about an experience that completely changed his life. The work includes the treatment of Catherine, one of his patients, with whom he developed hypnosis therapy after having failed for almost a year with conventional methods. In a state of deep trance, the young woman remembered her previous lives and freed herself little by little from the traumas that were the key to her disorders. Catherine was completely cured. But the greatest success of this therapy was what the therapist learned, and his discoveries and verified truths that changed his way of seeing human life. This work constitutes a meeting point between science and metaphysics in which the subjects of reincarnation and life after death merge. Focused on an extremely interesting subject, the author achieves with a simple and clear style, reflection and the opening of thought. ABOUT BRIAN WEISS: THE AUTHOR OF THE ORIGINAL BOOK Brian Leslie Weiss was born in New York in 1944. He graduated as a psychiatrist at the Universities of Columbia and Yale. He worked as a professor at the University of Miami and was Head of the psychiatry area at Mount Sinai Hospital in Miami Beach. He devoted a large part of his life to research. He collected data based on his experiences as a psychiatrist. He made several works related to

love, the belief in reincarnation and he based himself on the narrations of his patients subjected to regressive therapy to past lives, for what he used hypnosis. In addition to the work that concerns us, Many lives, Many teachers, Brian has had other great successes, among which deserve to be mentioned like, Lazos de amor, Same soul, Many bodies, Miracles happen.

Waarom blijven we voor de buis zitten, terwijl we eigenlijk naar bed moeten? Waarom surfen we op internet in plaats van een deadline te halen? Waarom puilt de wasmand altijd uit en staat het aanrecht steeds vol? Waarom begint een dieet altijd morgen? En dat allemaal terwijl we dondersgoed weten dat we er niet beter van worden. Professor Piers Steel, zelf een notoire uitsteller, doet al ruim tien jaar onderzoek naar uitstelgedrag. Met humor ontrafelt hij de mythes over dit verschijnsel, bijvoorbeeld dat het aan iemands perfectionisme zou liggen. Helder en onderbouwd verklaart hij ons uitstellen, waarbij hij vooral het verband legt met impulsiviteit. Het slechte nieuws van Steel is dat uitstelgedrag een diepgewortelde gewoonte is, waar 95 procent van de bevolking aan lijdt. Het goede nieuws is dat we er ook van af kunnen komen. Hiervoor geeft Steel een rijk arsenaal aan beproefde technieken.

This book consists of a true story based on a famous Psychiatrist and his patients rebirth. This patient has changed the whole life of the Doctor.

Brené Brown heeft de afgelopen twintig jaar onderzoek gedaan naar de emoties en ervaringen die betekenis geven aan ons leven, en werkte de afgelopen zeven jaar nauw samen met leiders en cultuurveranderaars over de hele wereld. Ze ontdekte dat allerlei bedrijfstakken, van kleine start-ups tot Fortune 50-bedrijven, met dezelfde vraag worstelen: 'Hoe ontwikkelen we moediger leiders en hoe verankeren we moed en durf in onze bedrijfscultuur?' In dit nieuwe boek combineert Brené haar

onderzoekresultaten met persoonlijke verhalen en voorbeelden om deze vraag te beantwoorden. Durf te leiden gaat over echt leiderschap: vanuit het hart en vol moed. Wim Hof vertelt op aangrijpende en gepassioneerde wijze in zijn nieuwe boek 'De Wim Hof Methode' dat een ijsbad niet alleen goed is voor body en mind, maar óók voor de spirit. In het nieuwe allesomvattende boek 'De Wim Hof Methode' vertelt Wim Hof in eigen woorden zijn verhaal. Hij schrijft dat een ijsbad goed is voor mind en body, maar óók voor de spirit. Wim Hof is bekend geworden met baden of douchen met ijskoud water. Wim Hof, ook wel The Ice Man genoemd, vertelt in 'De Wim Hof Methode' op aangrijpende en gepassioneerde wijze hoe hij deze methode heeft ontwikkeld en over de verbluffende resultaten uit wetenschappelijk onderzoek naar zijn methode. In 'De Wim Hof Methode' leer je hoe je kou, ademhaling en mindset kunt benutten om leiding te nemen over je geest en stofwisseling. Maar de methode van Wim gaat verder dan verbeterde gezondheid of prestaties – het is ook een spiritueel pad om je te verbinden met je innerlijke kracht.

The benefits of regression therapy extend far beyond the clearing of symptoms. Often, the result is healing at all levels—physical, emotional, and spiritual. *Mirrors of Time*, by Brian Weiss, M.D., allows you to take regression therapy to the next level. Now you can go back through time by recalling past events that may have led to difficulties in the present. Through the process of remembering, symptoms diminish, and a strong sense of relaxation and well-being often emerges. Even past-life memories can be elicited by these exercises, and regular practice will enhance your physical and emotional health and open up spiritual vistas that can bring new meaning to your life. An audio download is included that goes beyond meditation and visualization exercises—it contains the actual regression techniques Dr. Weiss uses with his patients. By reading *Mirrors of*

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Time and practicing the exercises on the accompanying audio, you'll find that you'll be filled with more peace, joy, and love—and virtually all aspects of your everyday life will benefit!

Werkboek voor het leiden van een gelukkig en succesvol leven.

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