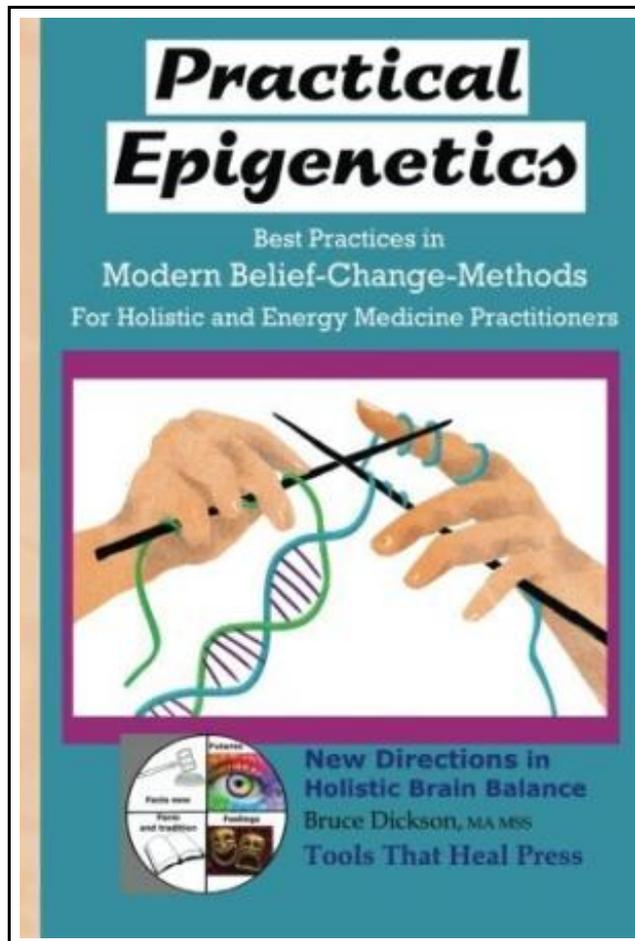


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Reviews

*Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Volume 6 in New Directions in Holistic Brain Balance Bruce Lipton s idea of Epigenetics are spreading, penetrating more and more deeply into popular imagination. "Epigenetics" is Bruce s word for DNA changes caused by our beliefsnot our genes. As we change our beliefs over a lifetime, the lines on our palms and feet change. Why not also DNA? My experience is when it is possible, permitted and clear, releasing disturbed mental-emotional baggage allows genes and DNA to heal as well. Given recent ferment, a modern summary of Best Practices in Belief Change Work, is timely. Bruce Lipton updated DNA-change theory. What about methods? He points to Psych-K s use of muscle testing as effective. I hope every Reader will try Psych-K personally. However, wonderful and effective as Psych-K is, professional grade methods offer even more. Belief Change Work has been popular in the US since Albert Ellis in the 1950s. Since then, scores of Belief Change methods have been proposed; including Cognitive Behavioral Therapy, Touch for Health muscle-testing, affirmations, NLP, meridian tapping, DNA-change-work and ecumenical spirituality. Self-testing permits any Tools That Heal in your Healing Toolbox to be used together. The Heros Journey of Self healing is a path of exploring our out-dated beliefs and habits, upgrading them to more workable ones aligned with our highest good and brightest future. Let s pack for our Hero s Journey of Self-healing. We ll need curiosity and courage to uncover the origins of beliefs no longer working for us. Along the way we ll uncover and learn from our earlier choices. We ll clear the recording media of our psyche, erase old programs and re-record it...



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