



A traves del tiempo

Brian Weiss

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Using vivid past life case studies, Dr. Weiss shows how regression therapy can heal grief, create more loving relationships, and uncover hidden talents, illustrating how near death and out-of-body experiences help confirm the existence of past lives. Also included are Dr. Weiss's own professional hypnosis, dream recall, meditation, and journaling techniques for safe past life recall at home.

El doctor Brian Weiss analiza en este libro la asombrosa capacidad de curación de la terapia de regresión a vidas pasadas. Aquí se relatan los casos de muchos de sus pacientes, que descubrieron en sus vidas pasadas el origen de sus traumas y consiguieron espectaculares curaciones. Se incluyen las técnicas de Dr. Weiss para hipnosis, el recuerdo de sueños, meditación, y las escrituras pensativas para practicar terapia de regresión en casa.

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