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20 MINUTES TO MASTER ... PAST LIFE THERAPY (Principles of ...)

Judy Hall

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Latent memories of past lives can have a profound effect on us and those around us. Exploring them can trigger positive changes in your social, emotional, physical and spiritual wellbeing, benefitting several other facets of your world.

With this book you can learn the core ideas and practices of Past Life Therapy in just 20 minutes.

If you’re looking for an alternative way to heal chronic diseases, release phobias, improve relationships and enhance physical, emotional and mental wellbeing, this introductory guide can help. Here Judy Hall, an expert in the field of past lives, weaves together information and practical advice, explaining:

• The concept of reincarnation
• Evidence of past lives
• Different approaches to past life therapy
• How to find a knowledgeable, properly trained therapist
• What to expect in a session

Previously published as Principles of Past Life Therapy, this book brings together the classic text, written by an expert in the field, with a new chapter that condenses all the ideas and practices into a simple, digestible 20-minute read.

This is part of the 20 Minutes to Master series, ten indispensable guides that can show you how to transform your life in simple and effective ways. Other titles in the series include 20 Minutes to Master Your Psychic Potential, 20 Minutes to Master Feng Shui, 20 Minutes to Master Yoga and 20 Minutes to Master Pilates.

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