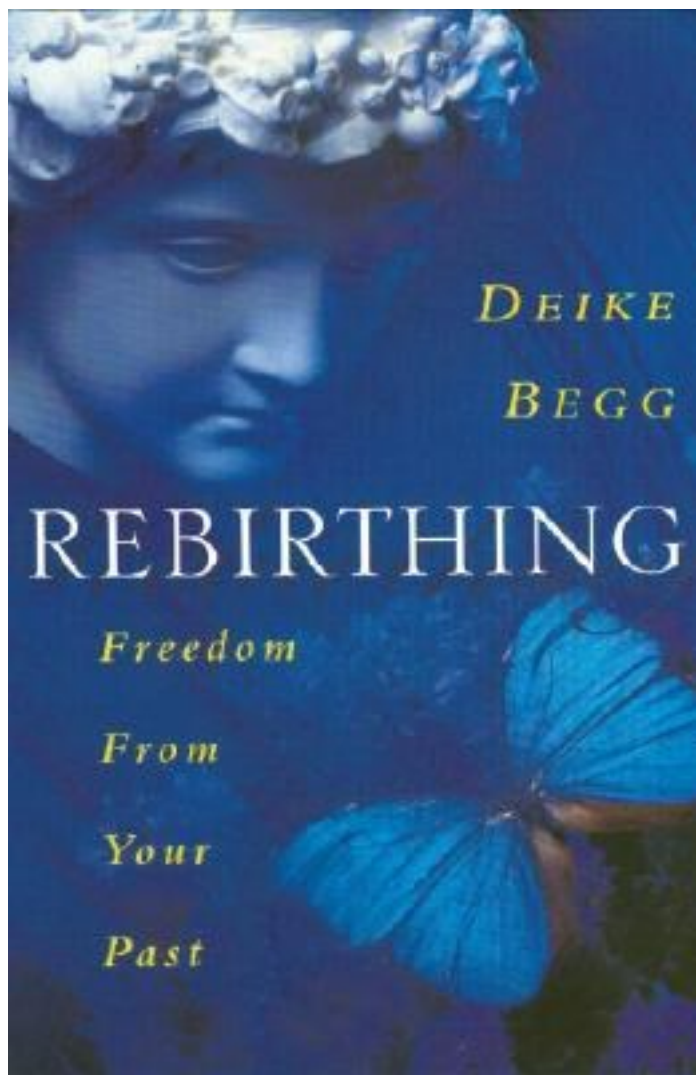


Rebirthing



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著者:Deike Begg

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Rebirthing, a type of breathing therapy, can eradicate traumatic memories stored inside the body and the unconscious mind that hinder the progress of one's soul journey and uncover the authentic self. This book explains, in clear language, how to remove such negative forces from the body-mind system. Deike Begg offers authoritative information on releasing patterns and blocks such as insecurity, lack of confidence and self-worth, as well as lack of success in relationships and in one's career. Rebirthing points the way to a more authentic, abundant life through this increasingly popular technique that can be learned at home.

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