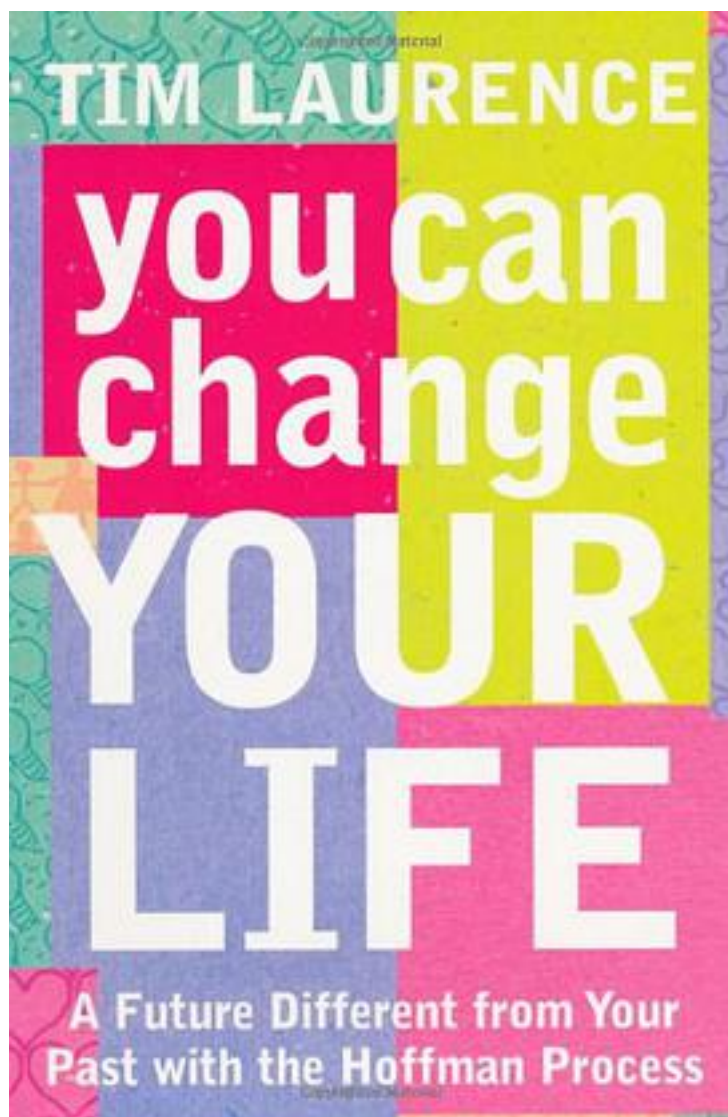


You Can Change Your Life



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The "Hoffman Process", founded by the late Bob Hoffman, is a highly respected and effective 8-day intensive course of emotional healing now practised in 14 countries around the world. The Process helps you face demons from your past - often rooted in your childhood and upbringing - and forgive, heal, and move on. Now, Tim Laurence, the director of the Process, brings its unique methods to a wider public. Some self-help books focus on therapeutic techniques, others on practical advice. But this is the only life-changing book to bridge the gap between the two, offering a unique perspective from which to bring benefits to all areas of your life. It aims to help you achieve: renewed enthusiasm for life; increased self-confidence; clearer sense of purpose; greater spiritual identity; better relationships with others; and, relief from anger and depression. A brilliant synthesis of Freud, Jung and other leading psychologists' work, the Process has proved its worth internationally for 15 years, and admirers include many of the most influential names in the self-help movement.

作者介绍:

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