



Inner Freedom Techniques: How to Overcome and Transform Painful Experiences (Paperback)

By Nebo D Lukovich

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book reveals numerous and powerful mind techniques of the innovative and versatile Reintegration System. The presented methodology was carefully designed to cover all areas of personal development. It will enable you to remove, change, or create any content of the mind in a systematic and thorough way. Furthermore, all approaches are mutually complementary, ready to work together to help get you where you want to be. First, you will be guided through five quick and easy mind techniques designed to bring immediate results: Dissolving the Temporary I, Moving to the Heart, Gentle touch of Presence, Freshness and Acceptance and Dissolving the Temporary I Plus. Next, you will find that these techniques are actually the foundation of several more complex methods, which will teach you how to attain profound and permanent transformation. The names of some of these techniques are Inner Triangle, Single/Double Chain Technique, and Convergence Procedure. With the support of many illustrations and case-studies, you will easily absorb all these cutting-edge techniques. You will finally be able to solve your long-lasting life difficulties, improve all your relationships and...



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