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Brian Weiss: We Have Many Soul Mates **Book Review - Same Soul Many Bodies by Brian L. Weiss, MD 2020 BOOK LIST**

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John Holland Brian Weiss on Past Lives, Same Soul Many Bodies, Regression and Progression Therapy ASK DR. WEISS: Free will and destiny; soulmates; ghosts; souls in different forms~~

Many Lives, Many Masters - Past Life Regression **Book Recommendations: Past lives**

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The bestselling author of *Many Lives, Many Masters* breaks new ground to reveal how progression therapy into future lives can help transform us in the present. How often have you wished you could peer into the future? In *Same Soul, Many Bodies*, Brian L. Weiss, M.D., shows us how. Through envisioning our lives to come, we can influence their outcome and use this process to bring more joy and healing to our present lives.

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'Same soul, many bodies'
talks about the past
regression along with future
progression of patients who
visited the author, a known
psychological healer &
therapist, for various
issues in their lives.
Through hypnosis induced by
the author, they go As
expected from this renowned
author, Dr. Brian Weiss,
this book is about past life
regressions through hypnosis
of patients to solve their
present life issues.

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The noted past-life therapist and author of *Many Lives, Many Masters* discusses his work with future life progression, drawing on dozens of case histories to explain how the choices that are made in one's present life impact

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the quality of future lives and revealing the benefits of progression therapy as a healing tool for present-life conditions. 100,000 first printing.

The bestselling author of *Many Lives, Many Masters* breaks new ground to reveal how progression therapy into future lives can help transform us in the present. How often have you wished you could peer into the future? In *Same Soul, Many Bodies*, Brian L. Weiss, MD, shows us how. Through envisioning our lives to come, we can influence their outcome and use this process to bring more joy and

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healing power of future lives. Dr. Weiss pioneered regression therapy—guiding people through their past lives. Here, he goes beyond that to demonstrate the therapeutic benefits of progression therapy—guiding people through the future in a scientific, responsible, and healing way. Through dozens of case histories detailing both past-life and future-life experiences, Dr. Weiss shows how the choices that we make now will determine our future quality of life. From Samantha, who overcame academic failure once she learned of her future as a great physician, to Evelyn, whose fears and

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Healing Power Of Future Lives Through Progression Therapy

prejudices ended after she envisioned prior and forthcoming lives as a hate victim, Dr. Weiss gives concrete examples of lives transformed by regression and progression therapy. A groundbreaking work, Same Soul, Many Bodies is sure to deeply affect peoples' lives as they strive toward their future

The bestselling author of Many Lives, Many Masters breaks new ground to reveal how progression therapy into future lives can help transform us in the present. How often have you wished you could peer into the future? In Same Soul, Many

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Bodies, Brian L. Weiss, M.D., shows us how. Through envisioning our lives to come, we can influence their outcome and use this process to bring more joy and healing to our present lives. Dr. Weiss pioneered regression therapy -- guiding people through their past lives. Here, he goes beyond that to demonstrate the therapeutic benefits of progression therapy -- guiding people through the future in a scientific, responsible, healing way. Through dozens of case histories detailing both past-life and future-life experiences, Dr. Weiss shows how the choices that we make

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The benefits of regression therapy extend far beyond the clearing of symptoms.

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Often, the result is healing at all levels—physical, emotional, and spiritual.

Mirrors of Time, by Brian Weiss, M.D., allows you to take regression therapy to the next level. Now you can go back through time by recalling past events that may have led to difficulties in the present. Through the process of remembering, symptoms diminish, and a strong sense of relaxation and well-being often emerges. Even past-life memories can be elicited by these exercises, and regular practice will enhance your physical and emotional health and open up spiritual vistas that can bring new

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meaning to your life. An audio download is included that goes beyond meditation and visualization

exercises—it contains the actual regression techniques Dr. Weiss uses with his patients. By reading *Mirrors of Time* and practicing the exercises on the accompanying audio, you'll find that you'll be filled with more peace, joy, and love—and virtually all aspects of your everyday life will benefit!

In his revolutionary book *Miracles Happen*, Brian Weiss M.D., the New York Times bestselling author of *Many Lives, Many Masters*,

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examines the physical, emotional, and spiritual healing that is possible when you freely accept and embrace the reality of reincarnation. Trained as a traditional psychotherapist, Dr. Weiss began to explore how reincarnation and past life regression can lead us to our higher selves after a startling encounter with a patient. Now a leading proponent of past-life therapy, Dr. Weiss shows us that, indeed, Miracles Happen, with seemingly incredible but true stories that demonstrate how, by getting in touch with and understanding our past lives, we can dramatically

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improve the present.

Healing Power Of Future Lives Through Progression Therapy

The book that sheds new light on reincarnation and the extraordinary healing potential of past life and hypnotic regression therapy, from the New York Times bestselling author of Many Lives, Many Masters. Brian Weiss made headlines with his groundbreaking research on past life therapy in Many Lives, Many Masters. Now, based on his extensive clinical experience, he builds on time-tested techniques of psychotherapy, revealing how regression to past lifetimes provides the necessary breakthrough to healing mind, body, and

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soul. Using vivid past life case studies, Dr. Weiss shows how regression therapy can heal grief, create more loving relationships, uncover hidden talents, and ultimately shows how near death and out of body experiences help confirm the existence of past lives. Dr. Weiss includes his own professional hypnosis, dream recall, meditation, and journaling techniques for safe past life recall at home. Compelling and provocative, *Through Time Into Healing* shows us how to help ourselves lead healthy, productive lives, secure in the knowledge that death is not the final word and that

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the doorways to healing and wholeness are inside us.

Therapy

Accounts and evidence of reincarnation from around the world presented in a clear and easy-to-follow journalistic style with a Ripley's-believe-it-or-not overtone that makes for a perspective changing read.

Eliminating Stress, Finding Inner Peace is an important step on the healing journey. Stress kills—there's no doubt. It eats away at you, affecting your level of happiness, as well as your stomach lining. It raises your blood pressure and directly harms your

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cardiovascular system. It depresses your immune system and allows chronic illnesses to overwhelm you—causing pain, disability, and even death. Basically, stress prevents you from experiencing life's many pleasures. Stress is a mental state that can cause severe negative emotional and physical consequences. It can be entirely eliminated, or at least greatly lessened, by adjusting our understanding and attitudes, and by learning simple, yet very effective, relaxation techniques. This book, with its accompanying stress-reduction audio download,

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will help you deeply relax. It will enable you to release the acute and chronic tension you constantly carry in your body and mind. It can also help you remove the blocks and obstacles to your inner peace and contentment, and prevent stress-related illness and disease. To heal yourself in this manner is an act of self-love, because you're taking the time and expending the energy to work on yourself physically and emotionally, thereby bringing more joy into your life. You'll find that regular practice with the audio will produce profound, long-lasting results.

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Brian L. Weiss, M.D.,
psychiatrist and New York
Times best-selling author,
offers soothing sanity in
turbulent times. This short
course in meditation gives
readers the tools they need
for physical, emotional, and
spiritual healing, and
includes an audio download
of a guided meditation. This
book was previously
published by Hay House as
Meditation: Achieving Inner
Peace and Tranquility in
Your Life. In Directing Our
Inner Light, Brian L. Weiss,
M.D., offers an audio
download of a guided
meditation and explains the
techniques he has used to

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Helping thousands of patients around the world harness the healing powers of meditation. You'll learn how relaxation, visualization, and regression can be used to release fears in a holistic way, strengthen the immune system, and alleviate chronic pain and illness, among other benefits. The practice of meditation also helps rid the mind of stress, intrusive thoughts, and the pressures of the world, opening you up to what's truly important. The more you meditate, the further you move away from the level of everyday consciousness (encompassing frustration, anxiety, and

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worry), and the closer you draw to the higher perspective of enlightenment. As you progress along this path, it becomes easier to achieve increasingly higher levels of spirituality.

Learn the latest details and most recent groundbreaking discoveries that reveal, for the first time, the mystery of life in the spirit world after death on Earth?proof that our consciousness survives?in Journey of Souls by Michael Newton, Ph.D. Using a special hypnosis technique to reach the hidden memories of subjects, Dr. Newton discovered some

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amazing insights into what happens to us between lives. Journey of Souls is the record of 29 people who recalled their experiences between physical deaths. Through their extraordinary stories, you will learn specifics about:

- How it feels to die
- What you see and feel right after death
- The truth about "spiritual guides"
- What happens to "disturbed" souls
- Why you are assigned to certain soul groups in the spirit world and what you do there
- How you choose another body to return to Earth
- The different levels of souls: beginning, intermediate, and advanced
- When and where you

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first learn to recognize soulmates on Earth .The purpose of life Journey of Souls is a graphic record or "travel log" by these people of what happens between lives on Earth. They give specific details as they movingly describe their astounding experiences. After reading Journey of Souls, you will gain a better understanding of the immortality of the human soul. You will meet day-to-day challenges with a greater sense of purpose. You will begin to understand the reasons behind events in your own life. Journey of Souls is a life-changing book. Already, over 165,000

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people have taken Journey of
Souls to heart, giving them
hope in trying times. You
should read a copy, too.

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