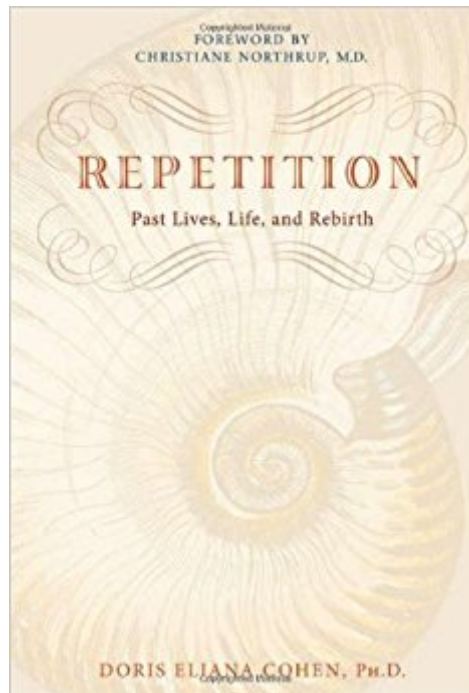




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Repetition: Past Lives, Life, And Rebirth



Synopsis

This fascinating book by Doris Eliana Cohen, Ph.D., was written to help us create a shift in our own consciousness as well as that of humanity. In order to heal from traumas, we unknowingly repeat the stories of our lives again and again, reliving them in different scenarios in this life as well as in other lifetimes. This repetition of our behavior patterns is neither neurotic nor pathological. It is absolutely necessary, because painful though it may be, repetition offers us multiple opportunities for facing our issues, making new choices, and healing ourselves at last. All of us have a God-given gift of free choice, although we may be unaware of it at times. Only when we acknowledge and take full responsibility for the choices weâ™ve made in our current and past lives can we begin to change our stories and end the suffering weâ™ve been causing ourselves. This material is based on Dorisâ™s 30 years of clinical experience with patients, using traditional therapy techniques combined with past-life regression therapy. It is guided and inspired by her communication with Guides and Angels of the Light, who have accompanied her for many years. Â Â Â Â Â Â Within these pages, Doris presents the 7 Steps of Rebirth, which provide a profound yet swift and simple route to change our lives and heal ourselves. Her 4 Steps of Joy offer a powerful tool for accessing the Light swiftly and easily. Remembering the events of our past lives provides a rich and fascinating tapestry of our journey, resulting in the humbling and uplifting realization that our souls are on a grand adventure. In owning our stories, we move from seeing ourselves as victims of life to empowering ourselves as co-creators of our destiny.

Book Information

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Customer Reviews

Doris Eliana Cohen, Ph.D., has been a clinical psychologist and psychotherapist in private practice for more than 30 years, treating thousands of clients. Her approach uses therapy, hypnotherapy, past-life regressions, and dream analysis. A certified healer, metaphysical intuitive, and communicator with Guides and Angels of the Light, Doris has given more than 10,000 medical, relationship, and spiritual readings. She has also conducted numerous workshops and has lectured nationally and internationally. This is Doris's first book.

Important information if you're ready to get the most painful problems in your life to disappear forever. Really. Start here and just DO the 7 steps. You will not believe the results. Are you ready to finally get rid of the stress and pain you live with every day? Do you want a happy life? Dr. Doris will give it to you. It's a gift. Right here. This brilliant and gifted woman is authentic. She can and will help you if you will only use this simple process.

discovered this book through Dr. Christiane Northrup (enough said, right?) save yourself some money on therapy co-pays and read and practice this first.

Great Read

I have been "rebirthing" for about 2 years now, reading several spiritually aligned books, to release emotions, baggage and health issues.

Excellent reading and filled many "blanks" for me. Great customer service too.

bought it after finding it at the library

Love it!

A very informative book about the impact of past lives on this one. Helps you to move forward with ease and joy.

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