



Espejos del Tiempo: Utilizar la Regresion Para la Curacion Fisica with CDROM / Mirrors of Time (Spanish Edition)

Brian L. Weiss

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Los beneficios de la terapia de la regresion se extienden mucho mas alla de la eliminacion de los trastornos que padecemos. A traves de ella, es posible alcanzar la sanacion en todos los aspectos: fisico, emocional y espiritual. Espejos del tiempo, del doctor Brian Weiss, anima al lector a retroceder en el tiempo y recordar sucesos pasados que podrian ser el origen de las dificultades que experimenta en la actualidad. / Regression therapy allows patients to travel back through time by remembering past events that may have led to symptoms or difficulties they experience in the present. Through regression a strong sense of peace and well being often emerges. This book goes beyond meditation and visualization exercises into the actual regression techniques Dr. Weiss uses with patients.

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