

The Whole-Hearted Healing Workbook

By Paula Courteau

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The Whole-Hearted Healing Workbook By Paula Courteau

This book, at long last, is the first Whole-Hearted Healing tutorial written for the general public. For over 15 years, Whole-Hearted Healing has proven its worth as an effective trauma-healing technique that puts all the control in the hands of the client, and radically transforms problems into positive feelings. Some key insights by its developer, Grant McFetridge, translate into a remarkable rate of success. This book is intended for people with various levels of experience with regression therapies and Peak States work: -For determined beginners, it is a suitable guide to learning the technique on their own. -For people who have attended a basic Whole-Hearted Healing or Peak States workshop, it is an in-depth review of the material they covered. -For people who have practised WHH for a few years, using The Basic Whole-Hearted Healing Manual as a guide, it is an update, written for laypeople, that includes the latest advances in our understanding of traumas and healing. -For therapists, it is an aid in explaining WHH to clients, and in empowering them to participate fully in their own healing. -And it's an entry-level textbook for students working with peak states of consciousness.

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