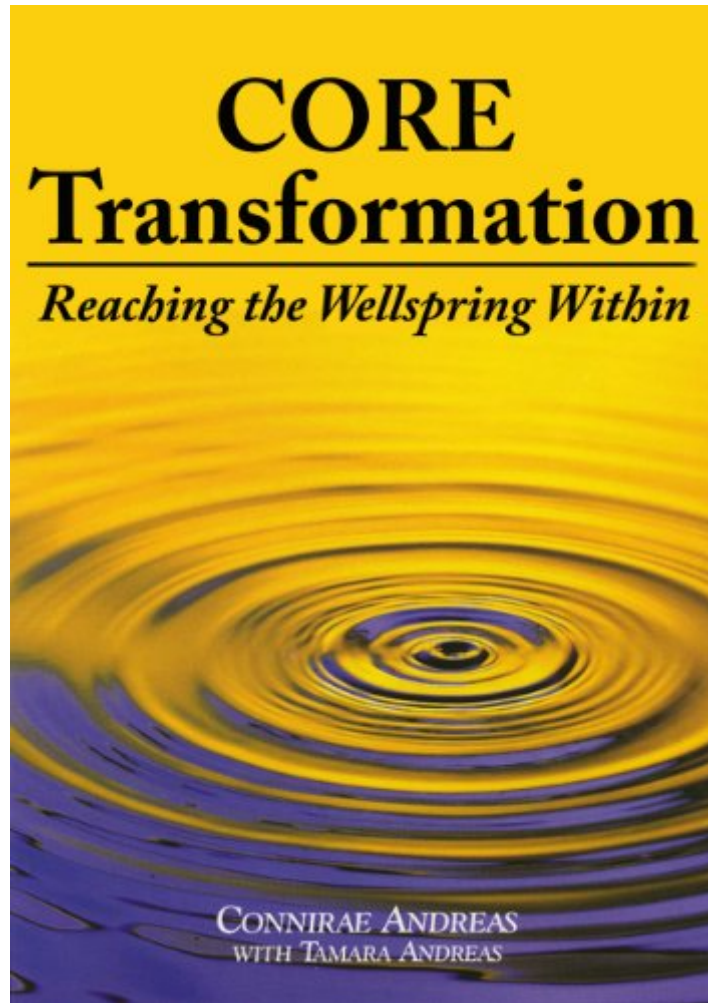


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# Core Transformation: Reaching The Wellspring Within



## Synopsis

Core Transformation is a brilliant book about a brilliant process. It quickly takes you to the core of your being. What a powerful and simple gift! I highly recommend it to anyone wanting to achieve higher states of love, peace and joy! - Jack Canfield, author of Chicken Soup for the Soul

Whether we've experienced small setbacks or major traumas, we all have challenges that need healing for us to live our ideal lives. Core Transformation offers a simple process that empowers readers to experience healing and lasting change.

Dr. Connirae Andreas, international best-selling author and therapist, goes beyond explaining how our core patterns trap us into feeling acting in ways that don't serve us. With her gentle conversational style, transcripts of real sessions, and detailed examples, she helps you understand the simple technique to improve your relationships, release emotional habits, overcome limitations and excel.

Core Transformation has been translated into twelve languages and helped hundreds of thousands of people around the world change their lives. It's helped readers:

- Change problem emotions and behaviors (such as anger, self-consciousness, procrastination, jealousy, hurt, fear)
- Lose weight
- Improve relationships
- Overcome depression and anxiety
- Heal addictions
- Find fulfilling work
- Improve all aspects of health
- Create an overall sense of inner peace, wholeness, and well-being and much, much more.

You might ask how one technique could be responsible for helping people achieve results in so many different areas of life? Unlike many self-help methods, Core Transformation is not about willpower, or discipline, or positive thinking. It's a simple 10-step process that helps you transform your limitations into strengths and achieve goals you thought unattainable. Read the reviews below from award winners, researchers, academics and best selling authors and take the step that can make the difference.

## Book Information

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## Customer Reviews

The Core Transformation technique described in this book is extremely effective, simple, and not only painless, but as you experience the Core States, it is actually profoundly pleasurable. When reading this book, do remember that "there ain't no such thing as a free lunch". You need to actually do the exercises in the book. If you try to read it on a purely intellectual level, it will seem too detailed and repetitive. If you have even one experience with just the first part of the process, and you see the way it works, the details and real-life examples that this book provides are a gold-mine. After my first couple uses of this process, steps six through ten seemed superfluous - the results of the first part were so dramatic, that I couldn't imagine any way to improve on it. These later steps are, however, a real added bonus in terms of long-term integration and incorporation of the change process. I don't think I'm that unusual of a person, and I don't understand how this book can have been in print for three years, and not be more popular. I've read dozens of self-help books, and spent hours in both individual and group therapy, but have never made as much significant progress in as short a time as I have in the first three or four times I've used the Core Transformation technique. Some people believe that the cure for cancer has been discovered, but is being hidden, so that researchers can continue to collect billions of dollars in research funds. Could the same thing be happening among psychotherapists? Has Andreas discovered the cure for neurosis, but it's being suppressed by the professional establishment so that they can continue to collect billions of dollars for therapy?

The most powerful processes in nlp include parts integration, and if you train with certain trainers you also learn Time Line Techniques, and Timeline Therapy (TM) techniques. When you learn about the hierarchy of ideas, you know that certain types of questions rewire your brain. In parts integration, chunking up questions open up abstract or big picture thinking, and resolve inner conflict. Chunking down helps you to problem solve, and get more specific. Lateral chunking opens

up choices within a category. For example, if you want to buy a luxury car, and you want to consider options other than a Mercedes, you might ask (LC)'what other types of luxury car would I buy?' If you (CU)ask yourself what will having this car get me that's more important? The answer moves you through a different level of consciousness, which if you're like me could be status, comfort, luxury, freedom, peace etc. Einstein said: 'A problem cannot be solved from the same level of consciousness in which it was created.'So, if you take some of these techniques, combine them, add a splash of genius and intuition, as Connirae Andreas has done, you have an extremely powerful and effective tool of transformation, and it's also easy to use. It's more than Timeline techniques, it's more than parts integration as you may know it. It's parts integration on steroids.Values are what's important to you.CT moves an undesired behavior, limitation or internal conflict up through your values hierarchy, and enables you to access more abstract levels of consciousness, until you access your 'core' value. When you reach the core value, you may have some interesting and trance forming experiences.As the author advises, I used this on a minor behavior first...

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