


THROUGH TIME

INTO HEALING

Discovering the Power of  Regression Therapy to Erase Trauma and Transform Mind, Body, and Relationships


Introduction by Raymond A. Moody, Jr., M.D., Ph.D.

**BRIAN L.
WEISS, M.D.**

*BESTSELLING AUTHOR OF MANY LIVES,
MANY MASTERS AND SAME SOUL, MANY BODIES*

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FROM THE AUTHOR OF THE
INTERNATIONAL BESTSELLER
MANY LIVES, MANY MASTERS

“Makes a convincing argument for past-life therapy...riveting.”

—*Publishers Weekly*

The book that sheds new light on the extraordinary healing potential of past-life therapy by the 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 soul. Using vivid past-life case studies, Dr. Weiss shows how regression therapy can heal grief, create more loving relationships, and uncover hidden talents. Ultimately he 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 the doorways to healing and wholeness are inside us.



“Brian Weiss is truly a pioneer.” —**Dr. Raymond Moody**

“Like Scheherazade, Weiss holds the reader’s attention.” —

Booklist



BRIAN L. WEISS, M.D., a psychiatrist, lives and practices in Miami, Florida. He is a graduate of Columbia University and Yale Medical School and is the Chairman Emeritus of Psychiatry at the Mount Sinai Medical Center in Miami. Dr. Weiss maintains a private practice in Miami and conducts international seminars and experiential workshops as well as training programs for professionals. He is also the author of *Many Lives, Many Masters* and *Same Soul, Many Bodies*. You can visit his website at www.brianweiss.com.

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Messages from the Masters: Tapping into the Power of Love

Many Lives, Many Masters

Only Love Is Real: A Story of Soulmates Reunited

*Through
Time*
into
Healing

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