



How to Improve Your Life: Dreams, Self-Therapy and Genetics (Paperback)

By James L Atwell

Genetic Research LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book will teach you how to improve your life. You will learn self-therapy techniques to help you become your own psychotherapist. This book is written for the millions of people that want to improve their lives and cannot afford to pay the high cost of psychotherapy. Understanding the self-therapy techniques in this book is all that most people need to improve the quality of their lives. Genetics is the cause of most problems, psychological and medical. Most problems are caused by deletions, mutations and duplication of genes. The most serious problems, such as schizophrenia, autism, bipolar disorder, depression, and most of the rare medical problems are caused by deletions of genes from the genome. Therefore, the solution to solving most problems is to replace the missing genes. I have researched dreams, dreaming, sleep, self-therapy, psychotherapy, psychology and genetics for over thirty years. I have trained with many famous psychologists and psychiatrists, including Albert Freeman, Ph.D., Nathaniel Brandon, Ph.D., Albert Ellis, Ph.D., Will Shultz, Ph.D., Bernie Gunther, Ph.D., and Eric Marcus, M.D. This book is a condensed and simplified version of everything I...



READ ONLINE
[8.18 MB]

Reviews

It in a single of the most popular publication. It is loaded with wisdom and knowledge I am effortlessly will get a delight of studying a published book.
-- **Aisha Swift**

These types of ebook is the best book available. It really is writer in easy terms instead of hard to understand. You will like just how the article writer create this book.
-- **Krista Nietzsche Jr.**