



Living The Journey: Using The Journey Method to Heal Your Life and Set Yourself Free

Brandon Bays, Patricia Kendall Ph.D., Lesley Strutt Ph.D.

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In this compilation of inspiring stories, edited by renowned healing expert Brandon Bays, practitioners of The Journey method share their powerful experiences with natural healing.

EXPERIENCE HOPE AND HEALING BY *LIVING THE JOURNEY*

The Journey inspired people worldwide to follow Brandon Bays's teachings in an effort to achieve healthful, more fulfilling lives. In 1992, Bays was diagnosed with a basketball-sized tumor in her uterus and refused surgery. Catapulted into a remarkable, soul-searching, and ultimately freeing healing journey, six and a half weeks later, she was pronounced completely tumor free. The Journey outlined practical steps for ordinary people to take toward a path of healing.

Now, Living The Journey is an opportunity for those seeking wellness to learn from the many people who have successfully integrated The Journey into their lives. Sixteen contributors tell remarkable stories of profound healing— of overcoming post-traumatic stress disorder and depression; ridding the body of cancer and chronic pain; clearing addictions; and transforming devastating grief into peace, all through the measured steps of The Journey Method.

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Miguel Penix:

Playing with family in a park, coming to see the sea world or hanging out with close friends is thing that usually you may have done when you have spare time, in that case why you don't try issue that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Living The Journey: Using The Journey Method to Heal Your Life and Set Yourself Free, you can enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't buy it, oh come on its referred to as reading friends.

Donna Dalessio:

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