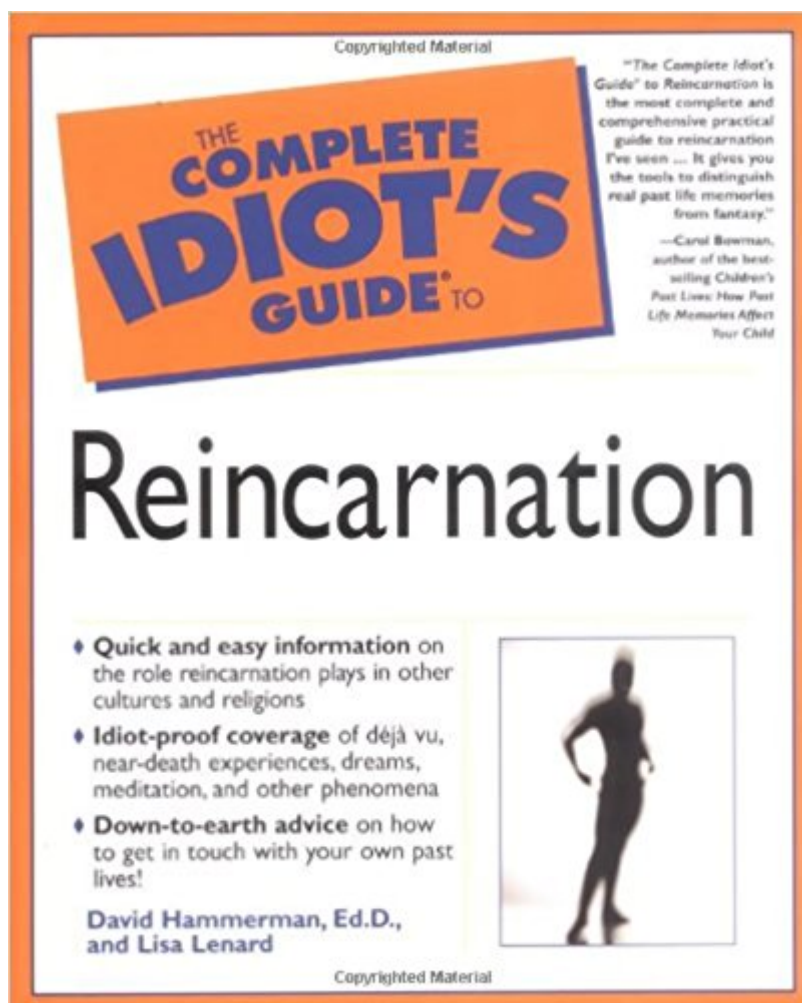




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# The Complete Idiot's Guide To Reincarnation



## Synopsis

The Complete Idiot's Guide to Reincarnation is an essential primer for anyone who wants to know how to go about experiencing his or past lives. Dr. David Hammerman, a noted psychologist, takes a scientific and scholarly look at the phenomenon of reincarnation and how treatments such as hypnotherapy can rekindle buried memories, events, and identities. This book includes a wealth of anecdotes about famous people, such as Shirley MacLaine, who claim to have had past life experiences.

## Book Information

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## Customer Reviews

The Complete Idiot's Guide to Reincarnation is an essential primer for anyone who wants to know how to go about experiencing his or past lives. Dr. David Hammerman, a noted psychologist, takes a scientific and scholarly look at the phenomenon of reincarnation and how treatments such as hypnotherapy can rekindle buried memories, events, and identities. This book includes a wealth of anecdotes about famous people, such as Shirley MacLaine, who claim to have had past life experiences.

David Hammerman, Ed.D., is a licensed psychologist who has used past life regression therapy in his practice for 20 years. Lisa Lenard has coauthored The Complete Idiot's Guide<sup>®</sup> to Astrology, The Complete Idiot's Guide<sup>®</sup> to Tarot and Fortune-Telling, The Complete Idiot's Guide<sup>®</sup> to

Palmistry, The Complete Idiot's Guide® to Numerology, and The Complete Idiot's Guide® to New Millennium Predictions.

My reading interests have always been wide and varied. Even though I am a scientific minded person I sometimes read esoteric material to expand my horizons. I purchased this 359 page soft cover (The complete idiot's guide to reincarnation by David Hammerman and Lisa Lenard) book for a bargain price on . This volume goes in surprising depth on the subject. This book is organized into six detailed parts and includes the following: the first part answers the question Why reincarnation? The second part deals with modern explorations about the inner and outer dimensions and other factors. The third part explains "reaching for the past" and is about some methods to recall past lives. The fourth part focuses on "Karma" and some of the beliefs about it. The fifth part goes into "soul cycles" including past life therapy, death, recalling your birth and other issues. The final part explores "reincarnation as a healing force." There is also a detailed glossary, a further reading list and additional resources. Even though reading this book did not convert me into a believer in mysticism; nevertheless, I did find parts of the book interesting and informative. If you are interested in reincarnation you might want to check out this book. Rating: 4 Stars. Joseph J. Truncale (Author: Tactical Principles of the most effective combative systems).

Helpful

Very good overview, exactly what I needed for research I'm doing for a book. A nice benefit of the Idiot books is they give you a foundation of information that helps you more quickly understand books that are deeper on a given subject. Such is the case with this one. Recommended. Loren W. Christensen, author of the Dukkha thriller series.

Very informative with an easy to follow format. Forever grateful for Dr. Hammerman's guidance in person and in written form.

I received it on time and it looks like the picture.

Loving the book so far, it's very easy to read & an interesting subject. So far, very helpful for my

many questions re this subject!

Clearly i'm the idiot who needs an idiots guide for being suckered into such a remedial book.

I found this book to be very thought-provoking. I am really surprised at how it has affected my viewpoint of the world and life in general. When you see life as a mixture of chance and fate, you realize that the major challenges in life are just as important as the best things in life. You realize that the people that have hurt you have provided valuable lessons that your soul needed to know in order to become complete and join with what I term as the Unity (of which I am writing my own book). I have found that these ideas are very hard for many people to grasp, but we must know pain to truly know pleasure. We must weep to experience happiness. There can never be one without the other. My only complaint is that this did not do a whole lot in looking at Western civilization's view on reincarnation such as the Celt's belief of a spiral of life. Otherwise, this is a sparkling gem of a book with a title that makes it only seem dulled.

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