



Born Scared: When Anxiety Was Created in the Womb, at Birth, or in Prior Lifetimes, and How Finding the Cause Leads to the Cure (Paperback)

By Julia Ingram Ma

Julia Ingram, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.For those who feel as if they came into this world afraid, or whose child is fearful for no discernible reason and ask, Why do I have this? Why is it happening to me or my child? Born Scared provides answers. Through the use of fascinating case stories, hypnotherapist, Julia Ingram, demonstrates that when clients are prompted to go to the source of their fear, they find when and under what circumstances it was created. From there the path to recovery becomes evident and easy. Ingram s clients found the origin of fears, phobias, eating disorders, low self-esteem and other limiting beliefs. A seven year old boy, afraid to have his mother out of sight, even for a moment, discovered the source of the fear originated prior to his birth, when his mother was critically ill. A woman who felt extreme guilt, akin to survivors guilt, but with no idea why, discovered it began as she watched her twin brother slowly die during their first trimester in the womb. A young man believed he should never have been born until he realized...

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