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The Gifts of Near-Death Experiences: You Don't Have to Die to Experience Your True Home

Sheila Fabricant Linn, Dennis Linn, Matthew Linn

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Near-death experiences (NDEs) are common, well-documented, and similar across cultures throughout the world. Current estimates are that between 4 and 15 percent of the world's population have had an NDE. Some of the fascination with NDEs comes from the fact that they often result in great leaps in personal growth. These leaps are characterized by the loss of the fear of death, the healing of deep hurts, an increase in self-esteem and compassion for others, a sense of union with all things, and a clearer sense of how to fulfill one's purpose in life.

This is a book that teaches readers how to reap the benefits of NDEs without having to experience trauma. In the course of their many workshops around the world, the authors have discovered that when one immerses oneself in accounts of NDEs, one can experience love, hope, healing, and a sense of purpose.

This is the only book that systematically encourages the reader to create a spiritual and psychological healing practice based on NDEs. Each chapter includes an account of a fascinating NDE, followed by a series of questions, meditations, exercises, and video links. The reader is encouraged to contemplate these stories and their own lives. It is truly a profound guide to both living and dying.

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