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The Brain Surgery Diaries: A Journey from the Head to the Heart

By Miss Fernanda a Barros

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a book about love, grace and surrender. In the Brain Surgery Diaries, the author shares her ways of integrating psychology and spirituality through her own self-discovery journey. The book discusses ways of letting go of fear and victim-mentality and taking responsibility for all that happens to you. Since her near-death experience Fernanda strongly believes that on a soul level you chose where you incarnate, who your family is and the challenges that you will go through in this lifetime because you want to evolve and grow. She believes in both free-will and determinism, and that evolution does not stop at opposable thumbs! The book describes how it is easy to chose love over fear yet we tend to get socially brain-washed towards fear-mentality. This book is recommended for all the rebels, the survivors or anyone who needs a little push to follow their joy. Fernanda Barros BA(Hons); MSc; MBPps; MBACP(Accred); UKCP(Reg) is a Spiritual Counselling Psychologist and existential phenomenological counsellor and psychotherapist.



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Reviews

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