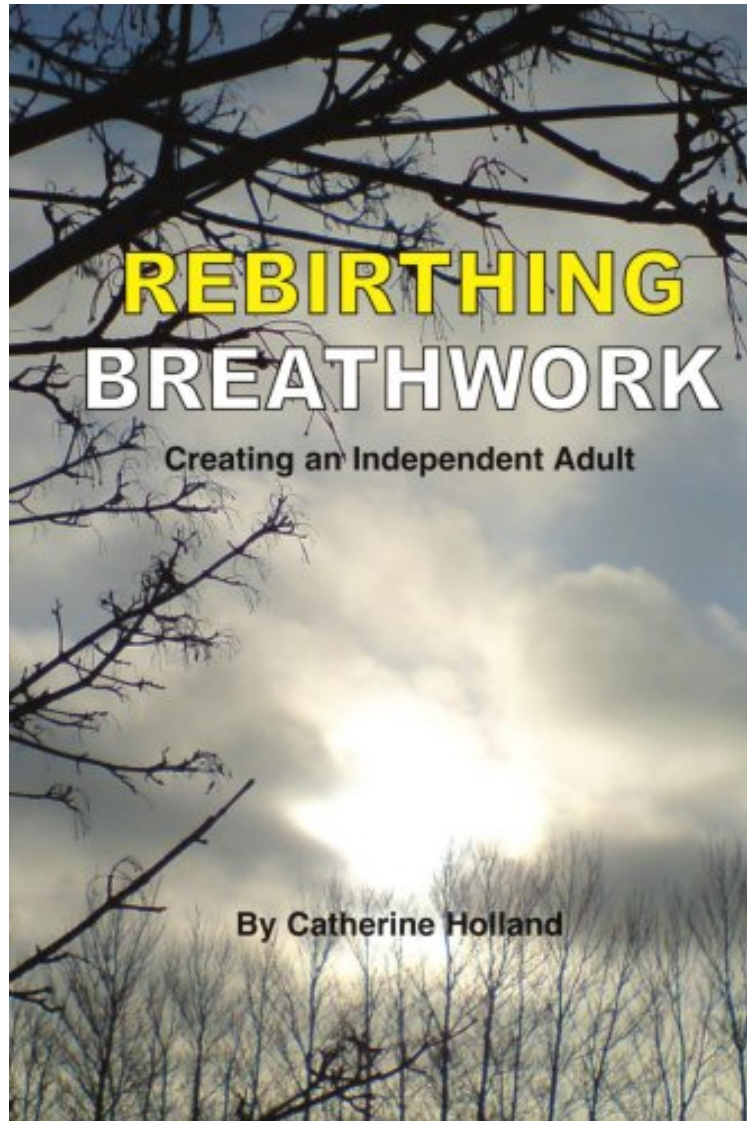


[Free read ebook] Rebirthing Breathwork: Creating an Independent Adult

## Rebirthing Breathwork: Creating an Independent Adult

*Catherine Holland*

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**Catherine Holland : Rebirthing Breathwork: Creating an Independent Adult** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Rebirthing Breathwork: Creating an Independent Adult:

1 of 1 people found the following review helpful. Seekers guidepostBy Peach SeekerThis book simplifies Breathwork and Rebirthing for all seekers. Catherine Holland knows of what she speaks. Her work is insightful and her exercises inspiring.

A technique for the daring, the desperate and the curious. Have you ever wondered how you can change the programming that makes you think, feel and act the way you do? This breathing technique is self-governing and self-limiting but to begin with it is not DIY: you need support to face the changes and challenges until you are confident to go it alone. It is not for the faint-hearted, but it's amazing how desperation can make you brave! The joy of becoming who you really would like to be is hard to describe. To be able to live and love freely is worth working for. Once you have mastered the circular breathing and the idea that we all create our own reality, you can reinvent your life keeping these new thoughts in mind. The second part of the book describes the experiences during our upbringing that made us feel the way that we do. This helps us to understand how we got to be like this. Once this is understood, we can treat ourselves more humanely and treat our children in a more helpful way. One of the experiences many of us faced is inadequate emotional safety. We had parents who were not able for whatever reason to provide their children with suitable acceptance and kindness to develop into confident individuals. The book describes how to confront the issues that defeated us the first time around so that we can choose a different way to live now as adults.

About the Author A Rebirthing Breathworker for 19 years, Catherine has used the technique personally and to guide others in their personal and spiritual growth. Her experience has been useful during critical times in her life, ensuring safe passage through times of accident and stress, as well as in raising her three children. She has been honoured to work with an equal number of men as women, which is unusual in the personal growth industry. This gives her a unique perspective, an understanding that the emotional needs of men and women are the same, though their personality and circumstances will vary. Recovery from a road traffic accident has given her confidence for treating the physical as well as the psychological. She works as a remedial injury specialist putting her experience of working with people to good use in all areas of her life. She is a proofreader and editor and has written numerous articles for magazines and websites - including her own, and several books. 'The Reality of Breastfeeding' was written from her experience of being a National Childbirth Trust Breastfeeding Counsellor for 19 years and a wish to continue to support mothers once she went to work full-time and was no longer available on the telephone during the day. She became interested in Rebirthing Breathwork when challenged in her relationship and seeking the courage to make necessary changes in her life. It had several extraordinary effects apart from the intended one including the disappearance of asthma. She is now in a relationship with spiritual growth at its centre, having found a man who wishes to journey with her.