

Core Transformation Reaching The Wellspring Within

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Andreas is best known for her development of the groundbreaking Core Transformation process, a method of gentle and profound transformation through accessing states of Peace, Oneness, and Presence. She is co-author of many books and training manuals, including Heart of the Mind, an engaging introduction and handbook of key NLP methods.

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The authors include exercises to transform personal limitations into a deeper sense of self, fulfilment and spiritual well-being. CORE TRANSFORMATION takes us to "a place of greater courage and love, into the wellspring of authenticity, the core of being." - Dan Millman. --This text refers to the hardcover edition.

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"Core Transformation takes us beyond assumed boundaries, into the virgin territories of the self-a place of greater courage and love, into the well-being of authenticity, the core of being." —Dan Millman, author , The Way of the Peaceful Warrior and The Life You Were Born to Live.

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Tamara Andreas is co-author of the book, Core Transformation: Reaching the Wellspring Within. She designs and teaches Core Transformation Trainings at all levels, including the Core Transformation Coach Certification Training in partnership with Mark Andreas.

~~Core Transformation and Weight Loss - Core Transformation~~

Co-Author, Lead Trainer. Tamara Andreas is an international transformational seminar leader and co-author of the book, Core Transformation: Reaching the Wellspring Within, and the Core Transformation Training Manual. She has been bringing the Core Transformation work to people around the world for over two decades, and has been the lead trainer for this process and for the Wholeness Work trainings in Asia.

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5/5 Core Transformation: Reaching the Wellspring Within \$15.68 This book will take you on a healing inner journey to the depths of your being. You'll be guided through 10 simple steps, through which your limitations become the doorway to powerfully transforming states of being that most people describe as "inner peace" "love" or "oneness."

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