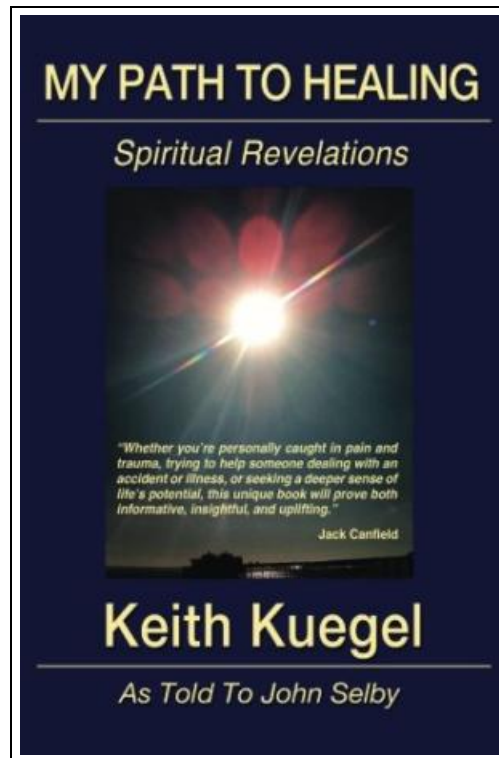


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Reviews

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(Prof. Isobel Heller MD)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Keith Kuegel - happily married and running a successful construction company in Vermont - suddenly got seriously injured in a slippery-ice car accident. In a coma for 3 days with massive neurological damage, his surgeons tried to repair his damaged brain and spine, and ease his chronic pain - but without much success. So Keith had to try on his own, beyond medical hope, to regain his life and work and love and all the rest. After over a decade of non-stop struggle and at times seemingly-miraculous improvement, Keith teamed with psychologist John Selby to write this no-holds-barred inspirational healing account. In addition to describing various healing modalities that generated significant results, in this book Keith will: Share new psychological insights into PTSD recovery Expose the inner strategies needed to survive a tragedy Identify genuine healers using various methodologies Explore the new science of inherited epigenetic traits Show how chronic pain can lead to deep awakening Reveal spiritual revelations emerging from life's disasters My Path To Healing is highly personal, totally honest and sometimes even funny, sharing the author's core insights into the interaction of pain, surrender, and transcendence. Opening wide the windows of hope, compassion and joy, Keith's story expands the spirit of exploration into new realms of physical recovery, psychological healing, and spiritual breakthrough.

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