

CONSCIOUS

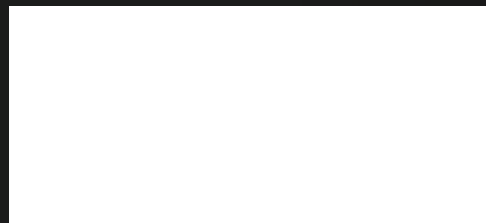
THE ART OF BEING

In this revolutionary new book, psychotherapist and motivational speaker, **Yisroel Roll**, unveils the *Theory of Everything* in Psychotherapy. Groundbreaking and life-enhancing, Roll's new therapeutic approach, called Conscious Therapy, merges the four main approaches of psychotherapy, namely, psychoanalytic, cognitive, behavioral and existential, and reveals the driving force of personality, and how to understand ourselves. This book is for psychotherapists, social workers, educators and laypersons, and will help you discover:

- ♦ *Who you are*
- ♦ *Your core self*
- ♦ *Your core values*
- ♦ *How to access your subconscious-mind, at will*
- ♦ *How to heal the unfinished business and unresolved issues of your childhood*
- ♦ *How to heal from emotional pain and move on with your life*
- ♦ *Inner Serenity*
- ♦ *How to ground and center yourself when you are faced with a life challenge*
- ♦ *How to self actualize and achieve your potential*



YISROEL ROLL is a psychotherapist specializing in anxiety and self-esteem enhancement, and presents workshops around the world on happiness, parenting and overcoming life's challenges.



Cover Art: Matteo Pugliese, "Tra due mondi" Between two worlds, 2009 Bronze Sculpture / Photo Credit: Claudio Cipriani / Cover and Book Design: R. Serebrowski



CONSCIOUS: THE ART OF BEING

ROLL | LOCKMAN



CONSCIOUS

THE ART OF BEING

YISROEL ROLL
WITH MICHAEL LOCKMAN

