



Core Transformation: Reaching the Wellspring Within

Connirae Andreas, Tamara Andreas

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Imagine your limitations becoming a doorway to states often called "Inner Peace," "Joy," "Love," or "Oneness." Core Transformation meets the deepest strivings of our times: to heal our problems and develop spiritually. "Oneness and Being," the goal of most psycho-spiritual approaches, is no longer a mysterious ideal. Core Transformation makes it tangible, even inevitable. The simple ten-step process in this book offers a gentle, compassionate way to melt limitations rather than fight them. People have used CT to heal relationships, "problem" emotions such as anger or jealousy, overcome anxiety or depression, stop smoking, improve health, and more. Whatever your life issues are, discover how they can actually become the source of an inner gift. **Reviews for Core Transformation:** "Core Transformation offers a profound way to touch the depths of our own soulfulness. I had an immediate and deep experience of self-love with it." --John Bradshaw, author, *Creating Love* "One of the most important works I have come across in any field, Core Transformation should be adopted as the principal therapy by every therapist in the country, understood and practiced by everyone in the helping and legal professions, as well as parents and teachers. I stand in awe at the simplicity, clarity and directness of a work of such magnitude, and will do all I can to promote it." --Joseph Chilton Pearce, author, *The Crack in the Cosmic Egg, The Magical Child, Evolution's End* "I am astounded. Suddenly we have a bridge from psychopathology (or plain human problems) to enlightenment. There it stands, every beam in place and traffic already passing over it. I know therapist types will make ready use of it, and I hope religions will embrace the profound implications of this fine new bridge into their territory." --Wilson Van Dusen, Ph.D, former Chief Psychologist at Mendocino State Hospital, CA "Core Transformation is a brilliant book about a brilliant process. It quickly takes you to the core of your being. What a powerful and simple gift! I highly recommend it to anyone wanting to achieve higher states of love, peace and joy!" --Jack Canfield, President, Self Esteem Seminars, author, *Chicken Soup for the Soul* "The way to a man and woman's heart is through this book. Core Transformation will help you turn your limitations inside out, enabling you to experience yourself in a way you never dreamed possible." --Michele Weiner-Davis, author, *Divorce Busting* "Core Transformation takes us beyond assumed boundaries, into the virgin territories of the self-a place of greater courage and love, into the well-spring of authenticity, the core of being." --Dan Millman, author, *The Way of the Peaceful Warrior and The Life You Were Born to Live* "This book will take you there. Compassionately, clearly and interestingly written, with just the right balance of idea and procedure. There is no limit to the good Core Transformation could end up doing." --Huth Prather, author, *Notes to Myself* "This book will help you make changes that lead directly to increased personal effectiveness. I recommend Core Transformation to anyone in business who wants to improve results." --Dan Thomas, Ph.D., former Professor, Harvard and Stanford Business Schools; author of *Business Sense*

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