



Custom Design Your Own Destiny

By Dr. Bruce Goldberg

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Custom Design Your Own Destiny By Dr. Bruce Goldberg

Custom Design Your Own Destiny focuses on both personal and professional empowerment by training the reader to master age progression techniques using self-hypnosis. Dr. Goldberg refers to this method as the "New You" technique, and it allows the user to lay out the various probable future options(five in all) and select the ideal path. The reader is then shown how to program themselves to enter and remain on this ideal path or frequency.

This "New You" technique also shows the reader how to maximize each of their paths and to raise their level of consciousness along the way. Other topics covered are: attaining success, overcomong fears and procrastinatioin, targeting goals, leadership and assertive training. Examples are taken from Dr. Goldberg's own life and his extensive case files to illustrate these principles.

Throughout this book numerous self-hypnosis exercises are presented to assist the reader in raising their own self-image and training them to take charge of their own life.

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Editorial Review

Review

By having my patients perceive their future options or frequencies, they are empowered to be in control of their own destiny by selecting and being programmed to their ideal frequency. --Dr. Bruce Goldberg

About the Author

Dr. Bruce Goldberg is a dentist and clinical hypnotherapist, who has regressed and progressed over 14,000 individual patients into their past and future lives. He developed the field of progression hypnotherapy, and his book *Past Lives, Future Lives* is the first book ever written on progression hypnotherapy. His book, *The Search For Grace*, was made into a CBS movie. Dr. Goldberg has been interviewed on Oprah, Regis, Montel, Jerry Springer, CNN, NBC, CBS, ABC, Fox, Art Bell and George Noory and many others.

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