



Radical Therapy: Surrender to Love & Heal Yourself in 7 Sessions

By Allen L. Roland Ph.D

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This authoritative and inspirational work on radical self healing distills the wisdom of the author's 30 years of emotional healing practices, and a lifetime of searching for the ultimate realities of love. Featuring seven powerful self-healing lessons, Radical Therapy is modeled on Dr. Allen Roland's short-term, cathartic healing method that has been perfected on hundreds of clients.

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Editorial Review

Review

"A profound self-help manual that dares to be radically different." -- *Midwest Book Review*

From the Inside Flap

Radical Therapy is a passionate call to heal our lives by surrendering to love -- the Unified Field of love. Ultimate healing is ours, explains Dr. Allen Roland, if we have the courage to open our hearts and say yes to our truest feelings, intuitions and convictions, regardless of the consequences. Saying yes to what is deepest within us is the epitome of surrendering to love, for love is the ultimate feeling -- and the threshold to another universe of consciousness.

You have a special part to play in the evolution of the universe. If you're ready to assume your role, use the seven sessions presented in this book to first find emotional healing -- and then to activate your unique mission on this planet. The fear and grief that seem so prevalent in our world are merely on the surface; for the central message of this book is that immediately surrounding us, and deepest within, is a vast energy field of love that heals all and contains all. As Allen Roland abundantly shows, we can access this innate spring of joy by working through the unresolved childhood pain that is the true source of negative feelings -- in just seven sessions. If abundant joy and a sense of purpose are missing from your life, Radical Therapy will help you discover the thrill of entering the Field and becoming an integral part of a loving plan that is much bigger than yourself.

The Unified Field of love reveals itself in near-death experiences, in mystic states, in synchronicities, in the innocence of children -- and to those who fully open their hearts and work through their deepest feelings. Radical Therapy shows you exactly how to surrender to the Field; it's a powerful manual for self-healing that is designed for personal use, or with the help of a counselor, friend, or minister.

Dr. Roland opens this book by recounting the dramatic story of his own discovery of the Unified Field of love. He then goes on to provide seven sessions that will jump-start your heart, leading you to the innate love and joy that lies beneath your deepest fears and pain. According to Allen Roland, this inner richness may be much closer than you think; the reality of the Field has already been glimpsed by millions of Americans in mystical and near-death experiences. These experiences are in fact the Unified Field of love breaking through to consciousness.

Radical Therapy is studded with peer-reviewed theory and inspirational stories of healing, but the heart of the book is, for the first time, the proprietary transcript of each of Dr. Roland's cathartic emotional healing exercises and visualizations, plus other innovative techniques that have led hundreds of his clients to a radical change of behavior. The seven sessions include constructing a Life Chart (a graphical history of the journey of your heart); a powerful accountability exercise that you will use for overcoming victimhood; a simulated near-death experience that reveals the extent to which you have surrendered to love in your life -- and much more. The book concludes with an inspirational call to the recognition of the truth that shall set everything ablaze: that radical self-healing is possible for those who have the courage to surrender to love.

About the Author

Dr. Allen Roland's revolutionary counseling method has led hundreds of people to emotional self-healing in

just seven sessions. Previous to starting his counseling practice in 1971, Allen has a successful career as a Navy fighter jet pilot and a vice president of an investment banking firm. In 1998, Allen received a Ph.D. in spiritual psychology from Greenwich University. He is the father of four and has four grandchildren.

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