



The Journey: A Road Map to the Soul

By Brandon Bays

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The Journey: A Road Map to the Soul By Brandon Bays

Heal your life and set yourself free...

In 1992, Brandon Bays was diagnosed with a basketball-sized tumor in her uterus. Already experienced as a healer, she felt she needed to explore alternative means of healing before resorting to surgery and drugs. In the process, she found herself catapulted into an extraordinary soul-searching, and ultimately freeing, journey of healing. Just six and a half weeks after her diagnosis, she was pronounced perfectly healthy. Without the need for drugs or surgery, the tumor had disappeared.

The profound process of self-healing that Brandon Bays pioneers has since freed thousands from lifelong emotional and physical blocks. Through the unique work she describes in *The Journey*™, we can learn her deeply transformative techniques and reap the rewards.

The Journey™ guides us directly to the root of any longstanding difficulty and then gives us the tools to resolve it -- *finally and completely*. This powerful process creates remarkable and lasting results. Chronic pain vanishes. Anxiety, depression, and sexual blocks disappear. Self-esteem, grief, and anger issues dissolve, addictions fall away, and illnesses come to an end.

All of us know that deep inside we harbor huge potential. We long to experience it -- yet something holds us back. We long to set ourselves free, yet we don't know how to begin.

With practical and easy-to-use techniques, the Journey process enables you to:

1. Strip away emotional and physical blocks
2. Tap into your own inner genius
3. Live life as an expression of your highest potential
4. Experience boundless joy within
5. Become truly free

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Editorial Review

From Publishers Weekly

Nearly 10 years ago, Bays was diagnosed with a basketball-sized tumor in her uterus, which was causing internal bleeding. While her surgeon advised immediate removal, Bays, an alternative health-care worker, persuaded the doctor to allow her to try natural methods to reduce the size of the tumor. Bays, already reasonably well versed in relaxation techniques and homeopathic medicine, immediately sought out various noninvasive treatments including vitamins, a radical change in diet, massage and various other emotional and physical therapies. Miraculously, within a few months, the tumor disappeared. This dramatic recovery motivated Bays to change her life and teach others her healing practices. It was a difficult time for her; her husband of many years announced he was having an affair and eventually married his girlfriend. However, Bays rarely dwells on the negative; when she's angry, she admits it but manages to put her anger toward something productive. Like Deepak Chopra, on whose teaching her method is based, Bays wants people to focus on what she calls "the Journey" a path, she claims, to freedom and accomplishment that consists primarily of emotional reckoning and relaxation techniques. Bays's optimism will appeal to readers who are weary of traditional treatments that don't relieve emotional or physical hardships. However, other readers will tire of Bays's unmitigated certainty in the rightness of her approach. (Oct. 9) Forecast: Given the bestseller status of this book in England and Australia, planned publicity and Bays's audience from Journeywork (her international healing workshops), this title should receive lots of attention and word-of-mouth promo.

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Unknown

"In this new edition of The Journey, we are again reminded that any healing journey is a journey of love. Brandon, after nearly twenty years of working with many thousands of people, serves as a master guide on that journey and condenses the essence of it in this seminal book. Each page is a reminder of where real healing—be it of the mind, body, or spirit—occurs." —Catherine Ingram, author of *In the Footsteps of Gandhi, Passionate Presence, and A Crack in Everything*.

"Brandon Bays is a remarkable soul, and her story of healing and reconciliation is a testament to the capabilities of human beings. Read this book and be inspired to take your own journey of healing." —Anthony Robbins

"Brandon's inspiring story is proof of the healing power that exists within every individual." —*New York Times* bestselling author John Gray

"The Journey will inspire millions, not only those with physical challenges in their lives but those seeking spiritual understanding." —Candace B. Pert, Ph.D., coauthor of *Everything You Need to Know to Feel Good*

Review

Timothy J. Fortress President, The National Foundation for Alternative Medicine Brandon's book is inspiring, exciting, and a look deep into the heart about how to live abundantly in a world that often gives too

little and takes too much, including the health that sustains us. Her work is a gift to us all.

Users Review

From reader reviews:

Kathy Hunnicutt:

Precisely why? Because this The Journey: A Road Map to the Soul is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will distress you with the secret the idea inside. Reading this book adjacent to it was fantastic author who have write the book in such incredible way makes the content interior easier to understand, entertaining means but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of positive aspects than the other book have such as help improving your expertise and your critical thinking way. So , still want to hold off having that book? If I were being you I will go to the publication store hurriedly.

Elias Rosser:

This The Journey: A Road Map to the Soul is great e-book for you because the content which can be full of information for you who have always deal with world and possess to make decision every minute. This particular book reveal it details accurately using great arrange word or we can state no rambling sentences in it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but hard core information with lovely delivering sentences. Having The Journey: A Road Map to the Soul in your hand like obtaining the world in your arm, information in it is not ridiculous one. We can say that no reserve that offer you world with ten or fifteen moment right but this publication already do that. So , this really is good reading book. Heya Mr. and Mrs. busy do you still doubt that will?

John Hawkins:

This The Journey: A Road Map to the Soul is completely new way for you who has interest to look for some information mainly because it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or else you who still having bit of digest in reading this The Journey: A Road Map to the Soul can be the light food for you personally because the information inside this specific book is easy to get through anyone. These books develop itself in the form that is certainly reachable by anyone, sure I mean in the e-book application form. People who think that in reserve form make them feel tired even dizzy this publication is the answer. So there is absolutely no in reading a e-book especially this one. You can find actually looking for. It should be here for an individual. So , don't miss the idea! Just read this e-book kind for your better life and also knowledge.

Kaci Carter:

As a scholar exactly feel bored to help reading. If their teacher requested them to go to the library in order to make summary for some book, they are complained. Just minor students that has reading's heart and soul or real their interest. They just do what the teacher want, like asked to the library. They go to generally there but

nothing reading seriously. Any students feel that reading is not important, boring in addition to can't see colorful photographs on there. Yeah, it is to get complicated. Book is very important for you. As we know that on this era, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. So , this The Journey: A Road Map to the Soul can make you sense more interested to read.

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