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Mirrors of Time, by **Dr. Brian Weiss**, allows you to take regression therapy to the next level. **The included audio download** goes beyond meditation and visualization exercises—it contains the actual regression techniques Dr. Weiss uses with his patients. Now you can go back through time by remembering past events that may have led to symptoms or difficulties in the present time. Through the process of remembering past events, symptoms diminish and a strong sense of peace and well-being often emerges. Even past-life memories can be elicited by these exercises, and regular practice will foster your physical and emotional health and will open up spiritual vistas that can endow your life with new meaning.

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