



You, Resourceful: Return To Who You Want To Be (Volume 1)

Kristin Prevallet

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The new book from the critically acclaimed author of *I, Afterlife: Essay in Mourning Time*. This book will teach you powerful and strategic ways to use your creative mind to rewire your brain using metaphor, internal narrative, and the placebo effect. Synthesizing the latest research in neuroscience and mind/body medicine, you will learn how to change habitual patterns and access your inner resources in a refreshing new way. Integrating techniques and ideas from the fields of clinical hypnosis, biohacking, Neuro-linguistic programming, Cognitive, Behavioral, and Energy Psychology, *You, Resourceful: Return To Who You Want To Be* will help you to open lines of communication with your unconscious mind in a language that it will understand. Melissa Tiers, award winning author and celebrated hypnotherapist, writes: "Kristin Prevallet has written a little book with massive implications. Bringing a poet's eye to the unconscious, she beautifully simplifies the complexities of the mind and makes practical the path to change. This book is an active metaphor we will all do well to walk within."

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