



The Hoffman Process: The World-Famous Technique That Empowers You to Forgive Your Past, Heal Your Present, and Transform Your Future

Tim Laurence

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For more than 35 years, the Hoffman Process has been recognized as one of the most potent transformational processes; however, the 8-day residential program is out of reach for most people. Now, Tim Laurence reveals this powerful methodology with warmth and clarity. Using practical exercises, personal stories, case histories, and insightful commentary, Laurence skillfully teaches how to identify and resolve the inherited patterns of behavior that cause emotional and spiritual pain. In this book readers will learn powerful ways to:

Break the compulsive patterns that run your life, exercise your own free will, and regain control of your thoughts and behavior

Free up energy by releasing your pent-up resentments and directly experience your own spirituality

Identify what you really want in life, and finally make the changes you have been putting off for years

The Hoffman Process is endorsed by an extraordinary array of experts and leaders from all walks of life, and it includes the results of a grant research study proving the long-term effectiveness of the Process.

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