



Trances People Live

Stephen Wolinsky

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At last, the missing piece of the dysfunctional puzzle. It is not enough to understand or even relive our childhood traumas. Dr. Wolinsky shows us how we continue to recreate those traumas in our adult lives and how to stop creating them. Every uncomfortable emotional state, and many psychosomatic symptoms, are also states of trance. Trance is the "glue" that holds the problem in the present moment. Learning to identify the kind of trance state beneath a problem or symptom gives us the tool that finally dissolves the glue. This book offers a gold-mine of resources for those who suffer from dysfunctional patterns of behavior or for anyone who feels stuck in an undesirable emotional or addictive state. Learning to step out of the trance states that create our problems and symptoms is to learn to step into the present moment at last free of the baggage from our past.

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