



Healing without Fear: How to Overcome Your Fear of Doctors, Hospitals, and the Health Care System and Find Your Way to True Healing

Laurel Ann Reinhardt

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A workbook for recognizing, releasing, and transforming fear in one's self and in our health care system.

- Over 60 exercises for recognizing, releasing, and transforming fear to promote healing.
- Includes case studies, transcribed dreamwork, and the author's personal story of healing.

When Laurel Ann Reinhardt discovered a lump in her breast she witnessed firsthand how fear holds silent reign over the patient in the Western health care system and hinders the process of healing. This fear is systematically perpetuated by doctors and insurance agents, and it has become the cultural norm--undermining the foundation of all healing and the important work these providers are meant to perform.

Drawing on the work of Rupert Sheldrake, Ken Wilbur, and Carl Jung, as well as her 20-plus years of experience as a clinical psychologist, Laurel Ann Reinhardt provides a thoughtful discussion about the existence, creation, and impact of this morphogenetic "field of fear" in the health care system. She provides us with the tools we need to recognize and release this fear and its harmful role in the healing process. From exercises for "expelling the breath of fear" and "talking back to fear" to "being heard and seen by physicians" and "dealing with the fears of our health care providers," *Healing without Fear* utilizes visualizations, journaling, chakra meditations, and dreamwork to teach both health care professionals and laypersons how to transform fear and allow true healing to begin.

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