



Mending the Past and Healing the Future with Soul Retrieval

Alberto Villoldo

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In this fascinating book by psychologist and medical anthropologist Alberto Villoldo, you'll discover how you can heal yourself and your loved ones by employing *journeying*, the powerful process used by the shamans of the Americas. The practices of soul retrieval and destiny retrieval are also described in rich, practical detail, illustrating how you can become your own shaman and accomplish in a few sessions of journeying what can take years to do in a psychological setting.

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