



Confessions of a Regressionist: Is There a Life or Time Other than the Present?

Barbara H. Pomar

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For the past thirty-five years, Dr. Barbara Pomar has guided her clients on journeys into their past lives. *Confessions of a Regressionist* presents both her personal account of her work with clients working to reverse past decisions to change the present and future and the theories behind the practice. For some, the very existence of past lives, let alone the ability to reconnect with them, is a point of spirited debate. Even so, Dr. Pomar has helped many to come to their own conclusions about the validity of this technique. Now, she guides readers on using her techniques to live more fully or mold their destinies. She also discusses theories on why and how past-life regression is possible. If you've ever struggled with how the possibility of past-life regression fits within your faith, Dr. Pomar offers advice on how to evaluate your conflict. If you are a regressionist, Dr. Pomar's work can help you realize that by helping your client, you also help past and future generations as well. If you've ever considered meeting with a regressionist, Dr. Pomar explains how this sort of experience can help you live more fully in the present, with joy, confidence, and prosperity-by releasing or neutralizing memories of harmful events.

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