

**Despite the efforts of traditional and alternative medicine
in the last 10 years, Americans health has barely improved.**

The fact remains that in the United States, the three leading causes of death have stayed virtually unchanged. According to a report conducted in 1998 by the National Center for the Health Statistics, heart disease caused an estimated 725,790 deaths in 1997, compared with 733,361 deaths in 1996; cancer caused 537,390 deaths in 1997 and 539,533 the year before; and strokes caused 159,877 deaths in 1998, and 159,942 in 1996.

A recent article published in The Daily Mail – London, UK (August 13th, 2001) reported that after 30 years of research, Dr. Herbert Benson, a distinguished Harvard professor – among others -, has gathered compelling evidence of the “extraordinary power of belief to bring profound physical changes”. The article added that thanks to Dr Benson research, “modern medical science now accepts that belief and faith can have extraordinary effects on our ability to recover from serious illnesses.”

Petrene Soames, author of "*The Essence of Self-Healing: How to bring health and happiness into your life*" shows how by taking just minutes regularly and using simple techniques, we can speed up our recovery process, prevent ourselves from getting ill and cure basic headaches right through to serious illnesses like cancer.

“An important part of becoming healthy and staying in balance is **letting go** of tension, stress and deeply buried or surface negative emotions such as anger, frustration, fear, pain and hopelessness, “ writes Petrene Soames. “Integrating basic **letting go** exercises while following a traditional treatment or even a less orthodox alternative treatment will drastically improve the effectiveness of the treatment and bring faster and more final recovery”.

Petrene Soames is recognized around the world as a leader in the self-healing movement. She is originally from England and now a resident of the Woodlands - TX since 1995. She has recently returned from her 20-city US National Book Tour. Her book sold out its first print nationwide in just 2 weeks.

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As an authority on healing and self-awareness, Petrene Soames has been featured in national and international media venues and has written numerous well-received articles on alternative and holistic health topics. For over 20 years, Petrene has worked successfully as a therapist, intuitive healer, consultant, and educator. She directs her efforts at reaching not only practitioners but also the general public, fostering simplicity and a greater understanding of the intricate connection between one's thoughts, beliefs and one's health.

"Letting go is vitally important to stay fit and healthy, as well as for those waiting to lose weight. Since the early 90's, 100's of diet products, even surgical procedures, are available to deal with the overweight problem that is facing million of Americans. But the situation has not improved and today over 54% of Americans today are overweight and 18% are considered obese. Being overweight or out of balance is not only about what one eats, but about holding on to unresolved issues. Another good reason why integrating **letting go** into our daily life is so important," said Petrene Soames.

To help people get into the habit of *letting go*, Ms Soames has developed very short and simple exercises that only take minutes and that can be adjusted to individual needs and even integrated into traditional medical treatments and fitness exercises routines.

In **The Essence of Self-Healing** [FleetStreet Publications, March 2001], Petrene Soames clearly shows why anyone who wants to get and stay well must first get to the root of their illness and understand the need it reveals, face the issues, and resolve them at the core. Written with warmth, charm and profound insights, this book delivers a refreshing, invigorating, and empowering feeling. The author shows the reader the obvious links between our thoughts, our beliefs, and our health. She then gives step-by-step instructions, and easy-to-use techniques and exercises that can be easily adjusted to individual needs.

"An invaluable resource that can offer a good dose of help to just about anyone."
Independent Publisher Magazine, USA

"This book is packed from cover to cover with helpful information. Written with considerable knowledge and sincere desire to pass it all on, not a stone is left unturned in her wish to impart the most helpful information."

Healing Today Magazine, UK

Go to **<http://Withoutanydoubt.com>** for more information or call Janie Jones today at **888-263-9637** to schedule an interview with Petrene Soames.