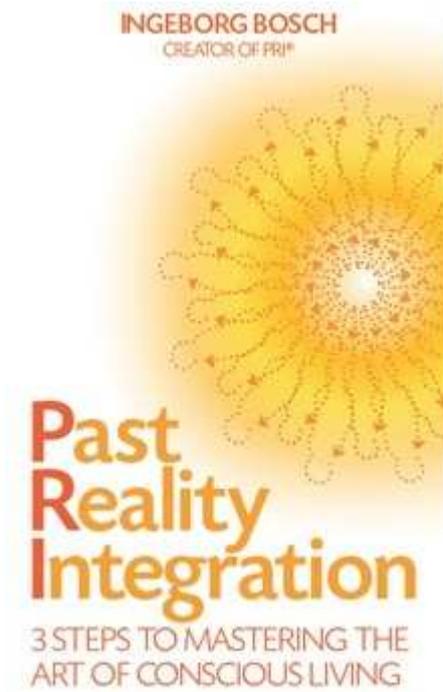


# Ingeborg Bosch *Past Reality Integration*® *3 steps to mastering the art of conscious living*

## Unravel Your Emotions and Live Life to the Fullest

### *A three-step plan to a full and harmonious life*



In her fourth book, psychologist Ingeborg Bosch reaches out to everyone engaged in self development, self awakening and spirituality. Her new book *PRI, 3 steps to mastering the art of conscious living* is not only practical and clearly structured, it is indeed accessible to and effective for everyone looking to tap into life's full potential. It falls under the genre of health and psychology, as well as spirituality and self awakening.

Ingeborg Bosch has won fame with *Past Reality Integration*®, her ground-breaking therapy and theory on the mechanisms that govern our consciousness and as a consequence our daily lives. Her successful books *Rediscovering the True Self*, *Illusions* and *The Innocent Prisoner* have sold more than 100,000 copies to date.

Ingeborg Bosch has made an international breakthrough with PRI. In less than 10 years after its introduction, PRI has become a veritable phenomenon. So far, her books are available in Dutch, English, French and Italian. A German edition will be available next year. Through the PRI International Institute, located in the South of France, there is the opportunity to engage in workshops, lectures and to follow the 4 year professional training program. There is already an extensive network of international therapists trained by Bosch, with some 60 therapists practising in the Netherlands alone. Many doctors, psychotherapists, psychiatrists and career-advisers recommend Bosch's books to their clients and refer people to PRI therapists.

The last few years scientific research has been under way at the University Maastricht into the effects of PRI. This is exceptional, considering PRI is so new. Preliminary analysis of the first resultat are very promising.

PRI provides not only a clear theory about how emotional problems develop, but also incorporates a concrete method on how to tackle these problems, allowing us to live life to the fullest. Moreover, PRI is more than 'just-another-therapy'. In applying its concrete tools it becomes a new way of life, that allows the reader to experience life in the here and now, unburdened by the constant influence of destructive emotions. Compassion, harmony and connection to others will become an intrinsic part of daily life. Indeed, the effect of PRI on our mental and physical health is exceptional. Perhaps even more importantly, PRI is of great value in terms of what we as parents can give to our children once we start the process of ridding ourselves of our destructive emotional baggage.

PRI has a profound impact: people with such diverse complaints as depression, burn-out, anxiety and fear, insecurity, nervous exhaustion and stress have been found to achieve very good results with the books alone. If necessary PRI-therapy is available as a supplement.

Responses from users to the books and the therapy:

*'I want to thank you so much for sharing your experiences and knowledge in the book Rediscovering the True Self. This is the first book where I find so much recognition of the problems I am facing. It gives me hope on my journey to keep fighting.'*

*'After years of searching for the solution to a lifelong struggle with persistent depressions, I have now been undergoing PRI therapy for almost five months. Reading the books has already helped me a great deal. Now for the first time I have an approach that really helps. I have somehow always known that the other treatments didn't get to the root of the problem. The root cause is exactly what PRI tackles.'*

*'My wife can see a world of hope and strength opening up. You are the first writer ever to hit home with her.'*

*'I've worked extremely hard on myself, largely on the basis of PRI (...) I've got through it! My crisis is officially history! I'm so grateful that you developed PRI, because that is what enabled me to find myself!'*

*'I would like to let you know that your books have had and are still having a strong influence on my life. I wish you all the best and I hope that many more people will be cured by your books. You didn't write them for nothing.'*

*'All my life I have been in conflict with myself, I've followed various therapies and they all seemed to help a little, but your book shows me how to really tie up all the loose ends that are still there.'*

*'I want to thank Ingeborg from the bottom of my heart for giving the world PRI. It has been my saviour.'*

[From the back cover]

*PRI, 3 steps to mastering the art of conscious living* is a practical, accessible and very effective book to tap the full potential of our lives.

With the success of her earlier books Ingeborg Bosch has made a breakthrough as one of the leading psychologists of this time. Her method to discover the depth and wealth, in short the potential of our lives, has become very popular. PRI (often referred to as 'mathematics of emotions') is embraced by professionals and laymen alike, has been tried and tested and has yielded impressive results.

Through this practical and simple approach, Bosch succeeds in showing how we can free ourselves from the labyrinth of often confusing and sometimes painful emotions that stem from the past. She lets us discover that life doesn't have to be as difficult as we are often prone to believe. Following precise steps we can find the 'code' to reprogram our emotional brain. This leads to a liberating breakthrough in our daily lives and helps us fundamentally in our spiritual growth.

*PRI, 3 steps to mastering the art of conscious living* is an accessible and practical book that delivers Bosch's step-by-step plan in a way that everybody can put into practice.

Hayhouse Editors