



A Practical Guide to Healing by Remembering Your Past and Future Lives: Even If You Don't Believe

Matt Gomes

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Based on the idea that past and future life memories may be creations of the imagination and yet still be useful in healing, *A Practical Guide to Healing by Remembering Your Past and Future Lives* discusses a number of popular theories of memory creation and gives you practical tools to help you remember your other lives-past and future-to make the most of your life today. Author Matt Gomes has researched the information to help you understand the theories of memory creation, storage, and retrieval; discover how the past affects the present and the present influences the future; and identify how your current physical and emotional issues are rooted in your past lives. Even if you have doubt in the actual existence of reincarnation or of other lifetimes, *A Practical Guide to Healing by Remembering Your Past and Future Lives* can help you let go of fears and phobias, deal with death, understand, and forgive others. You can heal your present!

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