



# **Peak States of Consciousness: Theory and Applications, Volume 1: Breakthrough Techniques for Exceptional Quality of Life**

*Grant McFetridge*

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## **Peak States of Consciousness: Theory and Applications, Volume 1: Breakthrough Techniques for Exceptional Quality of Life** Grant McFetridge

This volume presents what we consider the best of the new generation of techniques for acquiring peak states, along with a unifying model that ties biology, psychology, therapy and spirituality into a single whole. Chapters by the technique creators include: 'The Inner Peace Process' by Grant McFetridge, 'The 15 Minute Miracle' by Jacquelyn Aldana, 'Biocybernat Brainwave Training' by Dr. James Hardt, and 'Resolving Dualism with PEAT' by Zivorad Slavinski.

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