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Publisher's Synopsis

From a renowned expert on the paranormal comes an extraordinary work which explores such topics as the psychic powers of the saints and modern-day prophets, meditation, mental healing, super-human performance in sports, ghosts, poltergeists, and hauntings. Includes a "do-it-yourself" instruction chapter. Photos.

Comments from the Author

My book approaches the idea of Mind over Matter, long looked at strangely as only "paranormal," from the body-up perspective that all human physical (and mental) activity has some degree of Mind over Matter relationship. One's act of typing on a keyboard is, in effect, Mind over Matter, though not of the variety psychics talk of. The book works from this approach and discusses how the power of the Mind: Allows for peak performance in Athletics... Moves the chi, the life energy of our bodies, to allow Martial Artists to do the seeming impossible... Allows us to heal --- or harm --- our bodies, and possibly affect the health and well-being of others... Affects objects and events in our immediate environment, including computers, with PsychoKinetic ability... Causes Poltergeist outbreaks... And more... Including a chapter on psychic fraud, from the author's combined background as both a parapsychologist and a professional mentalist & magician. In addition, the chapter on how to move objects with your own mind is contributed by famed science and science fiction author Martin Caidin, author of CYBORG (The Six Million Dollar Man) and co-author of '95's hit science book A JOURNEY THROUGH TIME. Remember, you, too, have the power of Mind over Matter...

From the Book Cover

- Ease your body ailments through mental health
- Be at the center of a poltergeist experience
- Improve your physical performance by exercising your mind
- Move objects through psychokinesis

EXPLORE THE TRUE POWER OF YOUR MIND

Renowned parapsychologist Poyd Auerbach shares his vast knowledge of psychic phenomena in a groundbreaking book

that will transform your life. In Mind over Matter discover:

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- The psychic link between mind and machine.
- Why you already possess more power over the world around you than you ever dreamed possible.

Discover how to move objects -- based on Martin Caidin's breakthrough experiments in human willpower. Discover how the Mind Over Matter link can affect all phases of your life -- from your health to your relationships, from your career to the way you view the world around you.

LOYD AUERBACH is Director of the Office of Paranormal Investigations. He is also a consulting editor to Fate magazine, and teaches at JFK University in Orinda, CA, on Parapsychology, Anthropology, Altered States of Consciousness, and Magic and the Media. A nationally known expert on parapsychology, he has appeared on Oprah! and Late Night with David Letterman, and has served as consultant for Fox television's Sightings. He lives in California.

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