



The Simplicity of Stillness Method: 3 Steps to Rewire Your Brain, and Access Your Highest Potential

Marlise Karlin

Watkins (Sep 15, 2015)

Softcover \$15.95 (321pp)

978-1-78028-755-3

We've been taught that peace of mind and deep self-knowledge can only be accessed through meditation and silencing our thoughts, but many people these days are unable to devote the hours and years needed to become a skilled meditator. Fortunately, new scientific research is revealing ways in which we can achieve the same results much more quickly and efficiently.

Marlise Karlin overcame the effects of childhood abuse and addiction to become an award-winning film producer, author, expert on inner peace, and founder of the Simplicity of Stillness Method. She has shared the stage at global events with Gregg Braden, Dr. Eric Pearl, and others; has been featured on NBC, Fox News, and in many respected publications; is a contributor to the Huffington Post and Mallika Chopra's *intent.com*; and is the author of *The Power of Peace in You*. Her science-based Simplicity of Stillness Method (SOS) combines ancient wisdom and healing traditions from across the globe with groundbreaking energetic tools and technology to meet the needs of our times.

In *The Simplicity of Stillness Method*, Karlin shares more than a decade of case studies of clients who have used the Stillness Sessions® Technology—relaxing music and words programmed with vibrational frequencies (included in the book)—to recover from anxiety, depression, PTSD, and other illnesses through the activation of advanced meditative states, releasing blocked cellular memory, and naturally rewiring the cells in the body and brain for healing and wholeness.

KRISTINE MORRIS (Fall 2015)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.