



Living The Journey: Using The Journey Method to Heal Your Life and Set Yourself Free

Brandon Bays, Patricia Kendall, Lesley Strutt

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EXPERIENCE HOPE AND HEALING BY *LIVING THE JOURNEY*

The Journey inspired people worldwide to follow Brandon Bays's teachings in an effort to achieve healthful, more fulfilling lives. In 1992, Bays was diagnosed with a basketball-sized tumor in her uterus and refused surgery. Catapulted into a remarkable, soul-searching, and ultimately freeing healing journey, six and a half weeks later, she was pronounced completely tumor free. The Journey outlined practical steps for ordinary people to take toward a path of healing.

Now, Living The Journey is an opportunity for those seeking wellness to learn from the many people who have successfully integrated The Journey into their lives. Sixteen contributors tell remarkable stories of profound healing— of overcoming post-traumatic stress disorder and depression; ridding the body of cancer and chronic pain; clearing addictions; and transforming devastating grief into peace, all through the measured steps of The Journey Method.

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