



Self-Coaching with Logosynthesis: How the power of words can change your life

Willem Lammers

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Are you interested in exploring your full potential and overcoming the challenges of your everyday life?

Do you want to lead a truly satisfying and meaningful existence? Maybe you're looking for a simple but highly effective formula that can help you to feel better in any situation?

Self-Coaching with Logosynthesis® reveals how to apply the revolutionary Logosynthesis model and create a new reality through the power of words. Logosynthesis was developed by renowned coach and psychotherapist **Dr. Willem Lammers** and represents a major advance in the evolution of self-coaching.

The book is easy to read and includes powerful exercises for solving everyday problems. It also features fascinating, real-life illustrations of Logosynthesis in action. You'll learn how to move beyond disturbing memories, fear-inducing fantasies and limiting beliefs – and eventually take control of your life and stop suffering.

Are you stressed out by everyday distress? Logosynthesis can give you insight into your situation and help you to work out new options.

Do you feel stuck in your current routines? Remove blockages and move on with assistance from the power of words.

Want more healthy and meaningful relationships in your private and professional lives? Release emotional baggage and resolve patterns that are holding you back.

Advance acclaim for this book:

“Dr. Lammers welcomes you to the "world behind the mirror," drawing upon sophisticated psychological principles and methods for discovering your Essence. As conventional psychiatry strays from the world of psyche and spirit, Logosynthesis is a welcome, creative contribution for bringing us back to the core of who we are, opening a door to greater happiness, fulfillment, and inner peace.”

David Feinstein, Ph.D., Co-author, *Personal Mythology*

“Logosynthesis is a breakthrough technique for self healing that is easy to do, effective, and uncomplicated. Unlike Talk Therapy, this streamlined method invokes positive change rapidly and permanently. Once you learn Logosynthesis you can use it anytime and anywhere to deal with fears, stress, anxiety and other life issues.”

Gloria Arenson, MFT, DCEP

“Willem Lammers has written a thought-provoking meld of mind, body, and Essence. He theorizes that life events can mar, distort, and disrupt our true way of being resulting in suffering. This well written and easy to read self-guide spells out steps to foster reconnection with our true living self while fostering knowledge and self-stabilization. Practical and powerful best defines Logosynthesis and is a must read for those wanting to

promote a betterment of life and living.”

John H. Diepold, Jr., Ph.D., DCEP, Licensed Psychologist, Co-author, Evolving Thought Field Therapy,
Originator and author, Heart-Assisted Therapy

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