

# Chronicles of Hope The Anquietas, Book 1



By Lois Hermann with Gary Scott

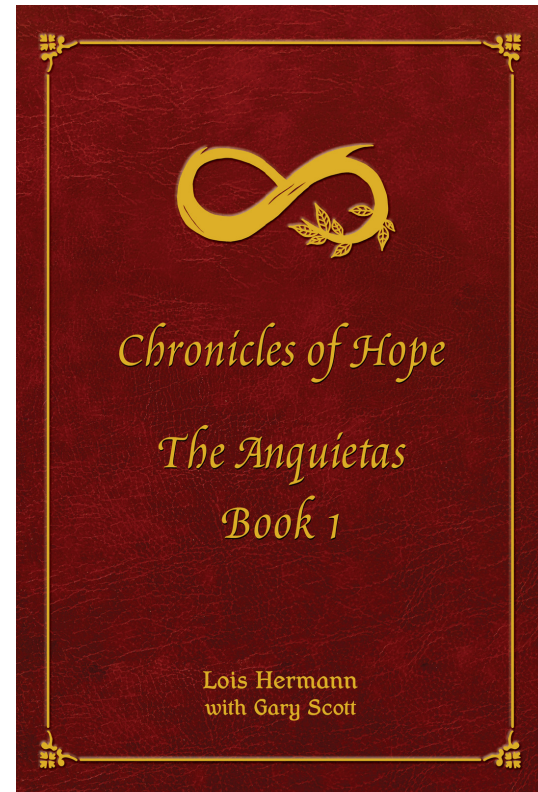
"There will come a time in the not too distant future when civilization will balance on the edge of survival. The future is not written, but trends can be seen. If humans continue, if they do not learn from their past, they will suffer the same fate as previous civilizations." — *Anquietas*

Intense and escalating levels of violence and crime, poverty and hunger, government upheaval, terrorism and war, public health issues, pollution, destructive storms and disasters, and scandals of all types are contributing to the world's health crisis.

- ~ Why is there so much unrest and disturbance in the world?
- ~ How is the state of the world affecting our physical and mental health?
- ~ What can be done to help individuals and the world as a whole?

## Learn:

- ~ Why the world is in this concerning state of plight
- ~ How we can reverse the downward spiral of fear, hate, guilt, and greed
- ~ How to bring back individual and collective wellness



"Like so many, I sometimes feel hopeless in that many people are ill, and there's much from the environment that's affecting them. Yet, *Chronicles of Hope* shows us that it is possible to begin the positive shift toward wellness, which we all have the potential to contribute to, for better health for both individuals and the planet. It was so hopeful and uplifting to be reminded of the bigger picture and meaning of life, which is important for true health and wellness."

— Dr. Laura Chan, ND and LAc

Softcover 222-page book includes 11 hypnosis sessions transcribed verbatim that reveal surprising information on how to shift our world plagued with negativity back to the positive. *Chronicles of Hope* includes inspirational quotes that connect known thinkers and influencers to wise words of an unlikely source.

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