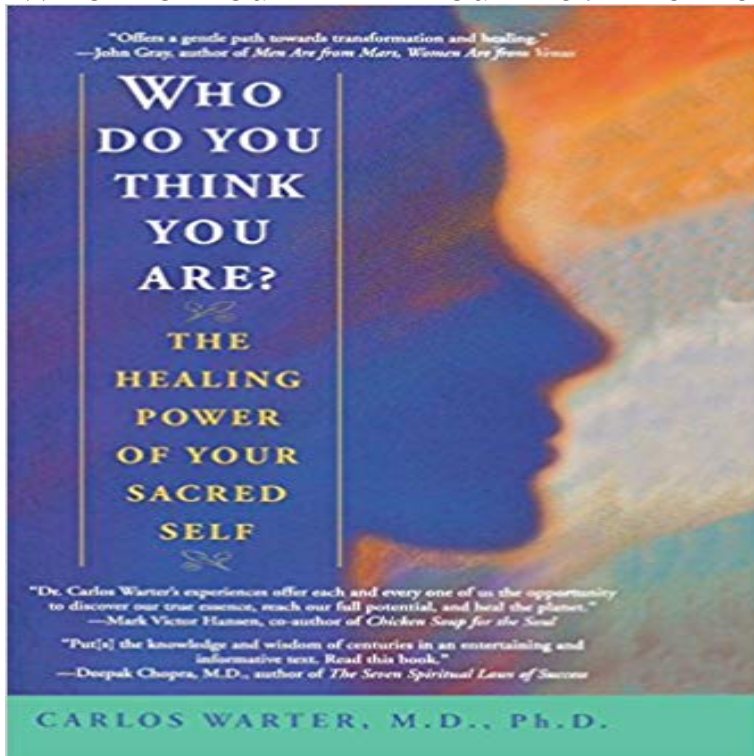


# Who Do You Think You Are? The Healing Power of Your Sacred Self



Do you know who you are? Dr. Carlos Warter, the esteemed physician, psychotherapist, and healer whose charismatic lectures and workshops around the world have led untold thousands to rediscover their essential selves, now shares his prescription for achieving physical health and emotional joy. Do you know why you get sick? In today's society, it is all too easy to believe that we are our outer identities—that we are spouse or lover, child or parent, worker or artist, victim or addict. But now Dr. Warter, drawing on the age-old wisdom of the world's major religions, his own illuminating life experiences, and his consultations with the Dalai Lama and other great spiritual leaders, shows that in order to heal, to become whole, to become ourselves, we must go beyond the small, self-constructed circles of identity that we assume each day. For it is our very attachment to these false, limiting personalities that leads to chronic stress and disease...while keeping us from recognizing our greatest treasure: our sacred selves. In *Who Do You Think You Are?* Dr. Warter offers the tools—from Buddhist prayers to original meditations—that can help us reconnect with our authentic selves. And he presents the other profound precepts of his new model of healing. Discover: why any transition—birth, illness, death, or, indeed, any kind of change—can be a springboard for personal and spiritual evolution how combining the use of modern medicine and alternative therapies with the power of an open heart and divine love can bring us to a place of unconditional wellness how living in the moment results in greater awareness, a reduction in stress, and the development of real self-esteem. *Who Do You Think You Are?* is an important new addition to the latest literature on the healing of the mind, body, and spirit—one that provides a major breakthrough in how we view the world,

ourselves, and all humanity.

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